

**SET YOUR LIMITS AT THE START**

**ONLY BET WHAT YOU CAN AFFORD**

**NEVER CHASE YOUR LOSSES**

**DON'T BET IF YOU'RE GETTING ANGRY**

**NEVER PUT BETTING BEFORE YOUR MATES**

WHEN THE **FUN** STOPS **STOP**<sup>TM</sup>

If you're worried about your gambling, get help and advice at:

[BeGambleAware.org](https://www.begambleaware.org)

 **NATIONAL GAMBLING HELPLINE**  
**0808 8020 133**



Produced by Senet Group, the independent body that promotes responsible gambling standards

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[www.senetgroup.org.uk](https://www.senetgroup.org.uk)

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