

HELPING A FRIEND IS BIGGER THAN THE BET

Chasing a win can start costing more than money. It can affect sleep, school, relationships, and time with friends.

IF BETTING IS CHANGING SOMEONE YOU CARE ABOUT, SAY SOMETHING.

You don't need a perfect speech. A simple question can help.

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NOT SURE WHAT TO SAY?

Start with a question that gives your friend room to be honest.

QUICK WAYS TO CHECK IN

Choose the question that feels most natural.

> **“You don’t seem to be having as much fun with betting lately. Are you doing okay?”**

> **“Do you ever feel like betting is taking more from you than it’s giving back?”**

You don’t need to have all the answers.

LEARN MORE OR FIND SUPPORT

Concerned about your gambling or someone else’s? **Scan the QR code.**

MISSOURI PROBLEM GAMBLING HOTLINE
1-888-BETSOFF (1-888-238-7633)

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