



Arkansas  
Scholarship Lottery

# PLAY for FUN Play Responsibly

**DID YOU KNOW  
THAT ABOUT 2 OUT  
OF 100 PEOPLE  
HAVE A GAMBLING  
ADDICTION?**

**Problem gambling  
often goes  
undetected, but  
recovery is possible.**

The Arkansas Scholarship Lottery urges everyone to play responsibly. Always play for fun, and when the fun stops, so should you. Gambling becomes a problem when it causes a negative impact on any area of an individual's life.

## YOU MAY HAVE A GAMBLING PROBLEM IF YOU:



Gamble longer than planned or gamble until your last dollar is gone



Use income or savings to gamble while letting bills go unpaid



Lose sleep over gambling



Borrow money to finance gambling or gamble to meet financial obligations



Feel remorseful after gambling or feel depressed or suicidal because of gambling losses



Break the law or consider it to finance gambling

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Problem gambling includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide.

**PROBLEM GAMBLING IS A PREVENTABLE AND TREATABLE DISORDER. IF GAMBLING IS CAUSING A PROBLEM FOR YOU OR SOMEONE YOU KNOW, HELP IS AVAILABLE.**

# **Don't Be Afraid to Ask for Help!**

**If you think you may have a gambling problem, call or text the National Problem Gambling Helpline.**

The National Problem Gambling Helpline is confidential and available 24 hours a day.

**1-800-522-4700 | [NCPGAMBLING.ORG](https://www.ncpgambling.org)**

You can also contact Gamblers Anonymous for help and support.

**[GAMBLERSANONYMOUS.ORG](https://www.gamblersanonymous.org)**

## **TIPS TO PLAY RESPONSIBLY:**

- ✓ **Play for fun – when the fun stops, so should you**
- ✓ **Gambling isn't a way to make money**
- ✓ **Don't gamble when you are depressed or upset**
- ✓ **Balance gambling with other activities**
- ✓ **Set a limit and stick to it**
- ✓ **Don't borrow money to play**
- ✓ **Don't play to win back losses**
- ✓ **Treat money spent on the lottery as an entertainment cost**

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**Always play responsibly. Must be 18 or older to play.**