



**Bet on  
yourself,  
not just  
your team.**

**BEYOND >>>  
THE BET**

DBHDS >>>

**Support is confidential,  
free, and available 24/7.**

**CHAT**

**1800GamblerChat.org**

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**1-800-GAMBLER**

**TEXT**

**800-GAM**

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**VCPG.NET**





## Identify the Warning Signs

**Chasing losses** by continuing to bet after losing thinking you will win your money back.

**Financial problems** such as not paying bills, late payments, or owing money due to gambling.

**Neglecting responsibilities** such as having trouble or missing work or school.

Not focusing on friends and family when you need to, leading to **relationship issues**.

Feeling anxious, irritable, or other **changes in mood** when you're not gaming or gambling.

**Lying** about the time or money you spend on bets or **hiding** your bets.





## Responsible Gambling Tips

**SET A BUDGET.** Only bet what you can afford to lose.

**SET A TIME LIMIT.** Don't let betting take over your day.

**TAKE BREAKS.** Get up to take a walk or eat food.  
Balance betting with other activities you enjoy.

**KEEP YOUR HEAD CLEAR.** Don't gamble while under the influence of alcohol or other substances.

**KNOW THE REALITY.** Betting is not a good way to make money. The house usually wins.

**NEVER CHASE LOSSES.** Accept losses, it's part of the game.

**SEEK HELP IF NEEDED.** You're not alone. Millions of Americans struggle with their gambling habits. Support is available.



# Sports Betting in Virginia 🍷

- Includes betting on pro sports, college sports, and events.
- **Legal for adults 21+** — online and mobile apps allowed.
- Always check for licensed platforms before placing a bet.
- Ads may make it seem easy — **but every bet is a risk.**

