



**TO GET HELP WHEN YOU
NEED IT, CALL THE NATIONAL
GAMBLING HELPLINE, OPEN 24/7**

Freephone **0808 8020 133** or visit
gambleaware.org

Bally's
NEWCASTLE

**GAMBLE
RESPONSIBLY**

STAY IN CONTROL

PLAY SMART STAY IN CONTROL

- Treat gambling like any other entertainment - set a budget that works for you.
- Only play with what you can afford to lose - wins are a bonus, not a guarantee.
- Set limits on spending and time - chasing losses rarely ends well.
- Play when you're feeling good - never as a way to cope with stress.
- Keep a balance - gambling should be one of many ways you enjoy your time.
- Take breaks - grab a coffee, step outside, and keep track of time.

To keep gambling safe and enjoyable, talk to a member of the Bally's Newcastle team or visit gambleaware.org

Gambling can be an enjoyable leisure activity when kept in balance. Don't bet it & regret it!

