

Don't Let the Game Get Out of Hand

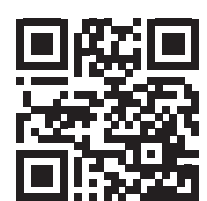
It's Just Entertainment



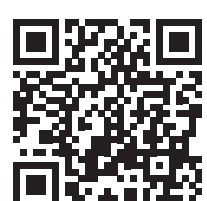
It's crucial to be aware of the signs of gambling addiction, not just for your shipmates and family, but also for yourself. Recognizing these signs is a responsibility we all share.

- Borrowing money from friends and family
- Unpaid, late or hiding bills
- Unable to pay for necessities such as food or rent
- Lying about gambling
- Chasing losses by gambling more

If you or someone you know is struggling with problem gambling, it's crucial to act now. We urge you to contact your local Fleet and Family Support Center or base Chaplain for immediate help.



In addition, the confidential National Problem Gambling Helpline can be contacted 24/7 at 1-800-GAMBLER, text 800GAM, or visit ncpgambling.org for more information.



Remember, you're not alone. Military OneSource is available 24/7. You can reach out by calling 1-800-342-9647, using their mobile app, or through live chat at militaryonesource.mil.

We're here to support you.

