

If you or someone you know may have a gambling problem, help is available. Call the Michigan Problem Gambling Helpline at 1-800-GAMBLER.

**Need immediate help?**



Get helpful tips at  
[DontRegretTheBet.org](http://DontRegretTheBet.org)

Whether you're betting on sports, wagering online or gambling at a casino, there's no doubt that gambling can be a fun activity, but it can also lead to some serious problems. We have tips and information that can help keep gambling from getting out of hand.



# GAMBLING? PLAY IT SMART.



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