

# MORE THAN A BET

## GET HELP NAVIGATING BETTING HARMS

If you or someone you know might be experiencing a gambling disorder, you're not alone. Knowing where to turn is the first step.

### Responsible betting tips

Sports betting moves fast. Taking a breather can help you avoid overspending or saying something you'll regret to a student athlete. Get tips at [MoreThanABet.org/tips-prevention](https://MoreThanABet.org/tips-prevention).

### 24/7 gambling helpline

Need immediate support? Contact the confidential Problem Gambling Helpline anytime to talk with a trained and understanding specialist.

» Call 1-800-589-9966

» Text "4HOPE" to 741741

### Voluntary self-ban

Ready to take a break? Visit [TimeOutOhio.com](https://TimeOutOhio.com) to voluntarily ban yourself from sports betting for a timeframe of your choice

### No-cost online counseling

All Ohioans can access virtual counseling through the Ohio Gambling Telehealth Network. Visit [OhioTGN.org](https://OhioTGN.org) to meet with a trained gambling counselor and create a plan that works for you.

### 24/7 suicide prevention help

If you or a loved one is in crisis, help is here. Call the Suicide Prevention Lifeline to talk with a caring counselor and get resources.

» Call or text 988



## QUESTIONING YOUR BETTING DECISIONS?

Take our two-minute quiz to check your risk level for betting harm.

[MoreThanABet.org](https://MoreThanABet.org)

# GAMBLING PROBLEM? 1-800-589-9966



Ohio for  
Responsible  
Gambling