

HAVE OTHER QUESTIONS?

Visit gamesensema.com, or stop by a GameSense Info Center at any Massachusetts casino and speak with a knowledgeable GameSense Advisor.

For free and confidential support, call the 24-hour problem gambling helpline at 1-800-327-5050.

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WHERE TO FIND INFORMATION AND SUPPORT TO MAKE SURE gambling stays fun



Find resources, tools and support.



GameSense

What is the GAMESENSE INFO CENTER?

GameSense Info Centers are located on-site at all Massachusetts casinos. There, patrons can learn about myths associated with gambling, the odds of the games they are playing, take a break, and seek support from a GameSense Advisor.

The GameSense Info Centers are staffed 16 hours, 7 days a week by knowledgeable and helpful GameSense Advisors, who can answer most gambling-related questions, and help you find additional support when it's needed. We invite all casino patrons to visit a Gamesense Info Center to learn about:

- Tips to help keep gambling fun
- The odds of winning and losing
- How different games work
- How randomness influences outcomes
- What "house advantage" means, and how it impacts what you can expect to lose or win
- Confronting the many myths about gambling
- Ways to set and stick to a budget

Want to read
up away from
the casino?

Visit us online at
gamesensema.com

Know the Warning Signs

The signs below may indicate a problem. The more signs a person shows, the greater the likelihood that he or she may have lost control of their gambling.



- **Gambling for longer and longer periods of time**
- **Lying about how much or how often they gamble**
- **Missing work or school to gamble**
- **Neglecting personal or family responsibilities to gamble**
- **Using gambling as an escape**
- **Gambling with money needed for paying bills**
- **Spending more money to recoup losses**

Finding Support

If you or a loved one is experiencing problems with gambling and needs support, call 1-800-327-5050 or visit mahelpline.org/problemgambling to speak with a trained specialist. Services are available 24/7 and are free, confidential, and available in multiple languages.

Voluntary Self-Exclusion

Sometimes gambling stops feeling like a game. If you feel this way or find yourself gambling too much, the Voluntary Self-Exclusion Program may be right for you. When a person enrolls, they choose a period of time to exclude themselves from all Massachusetts casinos.

Talk to a GameSense Advisor in person at any Massachusetts casino, by phone at 1-800-426-1234, or by visiting gamesensema.com/vse