

The **COVID-19** pandemic has affected us all. During these stressful times, it is even more important for everyone to **Gamble Responsibly**.

- Manage stress by maintaining balance in your life.
- Gambling should never interfere with, or be a substitute for friends, family or other worthwhile activities.

*For confidential information or assistance, call the **Problem Gamblers HelpLine:***

**1-800-522-4700**



**Stay Healthy. Play Safe.**



*This information provided in support of Nevada Gaming Control Board Responsible Gaming Guidelines. For more information visit [www.nevadacouncil.org](http://www.nevadacouncil.org).*