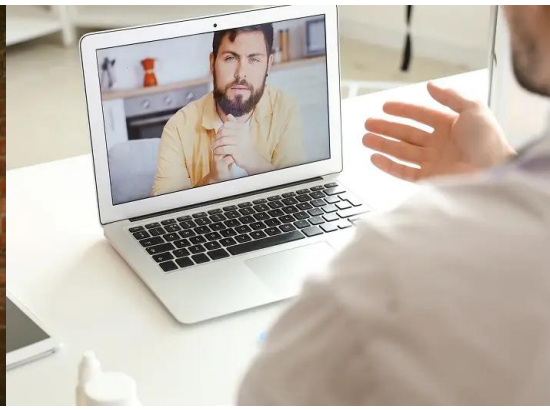
Zepf Center

BETTING SHOULDN'T BRING YOU DOWN

Confidential help available at no-cost for Ohio residents.





BETTING SHOULDN'T:

- Stress you out
- Keep you up at night
- Take money you need for other things
- Negatively impact your relationships
- Feel like something you can't control

WHAT DOES HELP LOOK LIKE?

- Understanding your betting behaviors & how betting fits into your life.
- Finding ways to protect your money, relationships, & overall well-being.
- Setting boundaries, realistic limits & safeguards that work for you.
- Building skills to manage stress.

MAKE CHANGES AT YOUR PACE.

Cut back, take a break, stop, or just figure out what's going on with your betting behaviors. **You decide where to start.**

Scan the QR code to learn more.

CALL OUR GAMBLING TREATMENT PROGRAM TODAY AT 419-841-7701 EXT. 6189

CONFIDENTIAL | FAMILY SUPPORT | IN-PERSON OR VIRTUAL

www.zepfcenter.org (419) 841-7701

Mental Health & Recovery Services Board of Lucas County