

Learn the facts  
about responsible gaming.

# Play Smart!



*Know when  
to walk away!*



**Barona Resort & Casino  
Supporter of the California Council  
on Problem Gambling, Inc.**

# Play *Know when to walk away!* Smart!

*For millions of people, gambling is a harmless form of entertainment and recreation. Whether playing table games or slot machines, these people participate in a fun activity and know when to stop.*

*However, for a small percentage of people the simple act of placing a bet is a different experience. For them, gambling can become a problem that ranges from minor to serious.*

*Admitting there is a problem is the first step, but it is not the cure. Help is available.*

*At Barona Resort & Casino, we want our guests to have fun, be responsible gamers, and know how to bet with their head — not over it.*

## PROBLEM GAMBLING SIGNS

*If you or someone you know meets at least five of the ten criteria listed below as determined by the American Psychiatric Association as problem gambling behaviors, then professional assistance may be necessary:*

- Total preoccupation with gambling
- Plays higher stakes to recoup earlier losses
- Withdrawal symptoms
- Irritability when trying to cut back
- Gambles to escape from problems
- Anxiousness about recovering from previous day's losses
- Lies to family members and others to conceal gambling activities
- Commits illegal acts to finance gaming activities
- Jeopardizes family relationships, career, or education
- Relies on others to provide necessary funds to meet individual or family responsibilities

## HOW TO GET HELP!

We hope that everyone who visits Barona enjoys our facilities and services to the fullest. We also hope they will do so with moderation and sensibility.

At Barona, we have a Self-Limit Program for our guests who wish to voluntarily exclude themselves from the casino or limit their access to check cashing and promotional direct marketing. Forms are available at the Casino Cage.

If you think you are in over your head, or someone you know has a gambling problem, help is one phone call away.

Please call 1-800-GAMBLER (1-800-426-2537). You will be referred to someone who can provide help. All inquiries are treated with compassion and confidentiality. Barona supports the California Council on Problem Gambling, Inc.

**If someone you know  
has a gambling problem,  
please call...**

**1-800-GAMBLER**  
(1-800-426-2537)

**Help is available  
24 hours a day!**