



SUMMER SAFETY TIPS

June Is #SafetyMonth.

Each June, the National Safety Council leads the nation in promoting #SafetyMonth. In this special edition webletter, the Florida Council on Compulsive Gambling (FCCG) shares safety tips to help you and your loved ones take it easy this summer. To learn more about how to avoid the pitfalls of problem gambling, [visit our website](#). Be sure to follow us on social media to stay in the loop as we post safety tips throughout the month.

Tis' The [Rainy] Season.

Summer is upon us, and most Floridians will tell you that in addition to BBQ's, beach trips, and mosquitoes—daily thunderstorms are among the many things to expect during this time of the year. As there are sure to be many rainy afternoons (and dare we say potential hurricanes), we urge all drivers to do their part to help ensure safe travel. Here are a few of the many ways you can practice safe driving. Remember to turn on your headlights when it is raining, and to only use hazards if your vehicle is stopped. If possible, select music and GPS navigation prior to pulling out. Regardless of rain or shine, never text or use gaming apps while driving.

Follow Us On Social Media!



If You Gamble, Play It Safe.

In addition to operating the state's only 24-hour problem gambling HelpLine, the FCCG supports and promotes responsible gaming. If you are wondering what responsible gaming is, the answer is simple. Similarly to how the alcohol industry encourages adults of legal drinking age to establish limits or to designate a driver before a night out, responsible gaming encourages players to establish and stick to guidelines for gambling. Some recommendations for responsible gaming include, but are certainly not limited to:

- 1. Set time & money limits.** If it helps, consider bringing a fixed amount of cash to the casino to avoid the temptation of using a card and exceeding your limit.
- 2. Take a break.** Many gaming facilities offer amenities such as food and beverages. Make the most of your trip to the casino and be sure to check out what they have to offer!
- 3. Remember to have fun.** Gambling, is meant to be an enjoyable activity. If you find that it's no longer "just a game," consider your other interests and hobbies. If you feel as though you cannot stop gambling, give us a call at **1-888-ADMIT-IT**.



Did you know?

In addition to our 888-ADMIT-IT HelpLine, the FCCG is available 24/7 via live chat, text or social media. No matter which method you chose to contact us, someone will be there, ready to assist.

1-888-ADMIT-IT

321-978-0555

gamblinghelp.org

