

PROBLEM GAMBLING HOW TO BE A RESPONSIBLE GAMBLER

If you're concerned that gambling is becoming more than a game for you, try using these guidelines to moderate your play.

- Think of the money you lose as the cost of your entertainment. Consider any money you win a bonus.
- Set a dollar limit and stick to it.
- Set a time limit and stick to it. Leave when you reach your limit, whether you're winning or losing.
- Understand that you'll probably lose, and accept the loss as part of the game.
- Don't borrow money to gamble.
- Don't let gambling interfere with or become a substitute for family, friends or work.
- Don't chase losses. Chances are you'll lose even more trying to recoup your losses.
- Don't use gambling as a way to cope with emotional or physical pain.
- Know the warning signs of problem gambling.

NATIONAL COUNCIL



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If playing isn't fun anymore, call for help.

Problem Gambling HelpLine: 1-800-333-HOPE

Free. Confidential.

24 hours a day.

7 days a week.

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