

TIPS FOR KEEPING GAMBLING FUN

STICK TO YOUR GAME PLAN.

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For those who choose to gamble, there are some general principles that can help to make gambling safer and reduce the risk that problems will occur.

1. Don't think of gambling as a way to make money

The bottom line is that gambling establishments, like land based casinos and Internet casinos are set up to take in more money than they pay out. This means over time, you will lose more money than you win. But, remember it's not just casinos, all forms of gambling have the same principle – the vast majority lose so that a very small minority can have big wins. Virtually all people with gambling problems hold the false expectation that they are the ones who will be the big winners. That belief feeds the problem.

2. Always gamble with money that you can afford to lose

Gamble with money that you set aside for fun, like going to the movies or going out for drinks.

Never use money that you need for important things, like rent, bills, tuition, etc.

3. Set a money limit

Decide how much money you can afford to lose before you play. When you have lost that amount of money, quit. If you win – enjoy, but remember it won't happen most of the time.

4. Set a time limit

Decide how much time you can afford to spend gambling. When you reach that time limit, stop gambling.

5. Never chase losses

If you lose money, never try to get it back by going over your limit. This usually leads to even bigger losses.

6. Don't gamble when depressed or upset

It's hard to make good decisions about gambling when you are feeling down.

7. Balance gambling with other activities

It's important to enjoy other activities so that gambling doesn't become too big a part of your life.

FIND HELP

IF YOU OR SOMEONE YOU KNOW IS
EXPERIENCING A GAMBLING PROBLEM,
HELP AND SERVICES ARE OFFERED BY THE
DEPARTMENT OF HEALTH.

CALL 1-800-461-1234 FOR FREE,
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