

Isn't gambling just like any other game?

It can be a game, but it also can be addictive.

Gambling is betting money or something of value on an event

where the outcome relies on chance.

Problem Gambling is gambling that causes problems of any kind with money, family/friends, employment, school or otherwise for the gambler or his/her family.

It becomes more than just a game, with increasing bets and losses.



If you're concerned about yourself
or someone you know,
call the 24hr Helpline: 1800-522-4700
www.playitsafenebraska.com



**Don't buy
Boardwalk
when you can
only afford
Baltic Ave.**

If you choose to play, know the rules!

Choices Treatment Center, Inc.
2737 N. 49th Street
Lincoln, NE 68504
Email: choices934@alltel.net

24hr Helpline: 1800-522-4700

Look inside for more tips about
Responsible Gambling.



If you choose to play, know the rules!

► What is Low Risk Gambling?

Low risk gambling is a way of playing responsibly with little chance of losing control.

Gambling can be addictive, so know how to protect yourself!

Always...

- Set limits on time and money
- Play for fun
- Assume you'll lose
- Only gamble with money set aside for entertainment
- Take a break
- Know where to get help
- Know everyone loses over time
- Set a predetermined amount to play
- Balance gambling with other healthy activities
- Know that knowing more doesn't guarantee a win



How to Play it Safe:

Never.....

- Bet more than you can afford
- Gamble when stressed or depressed
- Play again just to try to win back your losses
- Gamble illegally: know what is ok to play in your area
- Play to escape
- Borrow to play
- Play alone
- Expect to win
- Mix gambling with alcohol and drugs
- Gamble under the age of 18 or 19
- Gamble while in recovery from pathological gambling, chemical dependency or other addictions.



Signs of Problem Gambling:



- Chasing losses
- Neglecting work, family or friends
- Borrowing money to gamble
- Lying to cover up gambling
- Spending increasing amounts of money
- Spending increasing periods of time gambling
- Gambling to escape from life's worries and problems
- Being preoccupied with gambling

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