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## Safe Gambling Tips

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1. Set limits on time and money spent.
2. Play for fun, not just for money.
3. Bet only what you can afford to lose.
4. Realize that knowing more won't guarantee a win.
5. Don't play to escape.
6. Know what's legal to play in your area.
7. Never gamble when stressed, depressed or in recovery.
8. Know when to quit; don't chase your losses.
9. Understand that everyone loses over time.
10. Gamble only with money set aside for entertainment.
11. Avoid mixing gambling with alcohol or other substances.
12. Never borrow to play.
13. Balance recreational gambling with other healthy activities.
14. Know where to get help.

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## Signs and Symptoms of Problem/Pathological Gambling

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- Increasing time spent gambling
- Increasing size of bets
- Intense interest in gambling activities
- Turning to gambling during stress
- Increased irritability and erratic mood or personality changes
- Feeling depressed or anxious
- Decreased productivity at work, school or home
- Lying about gambling-related activities and the amount of money spent
- Being evasive about losses
- Spending money earmarked for bills, etc., on gambling
- Borrowing from others to continue gambling