



IOWA GAMBLING TREATMENT PROGRAM

GAMBLING RESPONSIBLY



No judging. Just helping.

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1800BETSOFF.ORG**

1-800-BETS OFF

1800BETSOFF.ORG

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THINK YOU CAN BEAT THE ODDS?

Don't kid yourself. The odds of every game are not in your favor. Most likely, you'll lose more than you win. Knowing that losing is the cost of entertainment is the first step to becoming a responsible gambler. Below are some tips that will help you gamble responsibly.

DON'T THINK OF GAMBLING AS A WAY TO MAKE MONEY.

Gambling establishments are businesses that want to make money. So their games are designed to make more money than they pay out.

ALWAYS GAMBLE WITH MONEY YOU CAN AFFORD TO LOSE.

Only gamble with money you've set aside for fun. You should never gamble with the money that you need for important things like rent, bills and groceries.

SET A MONEY AND TIME LIMIT.

Decide how much money and time you can afford to lose before you play. When you reach that time or amount, just walk away.

DON'T CHASE YOUR LOSSES.

If you lose money, don't try to earn it back. Remember, don't think of gambling as a way to make money.

DON'T GAMBLE WHEN YOU'RE DEPRESSED OR UPSET.

It's hard to have a clear mind and make the right decisions when you can't think straight.

LEAVE YOUR CREDIT CARDS AT HOME.

This will help you from going over your set limit. It'll also prevent you from paying interest on your losses.

HAS YOUR GAMBLING BECOME A PROBLEM?

CHECK THE BOXES THAT APPLY TO YOU.

- ☐ During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
- ☐ During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- ☐ During the past 12 months, did you have such financial trouble that you had to get help from family or friends?

If you checked one or more boxes, please call 1-800-BETS OFF or go online to 1800BETSOFF.org for more information.



Gebauer, L., LaBrie, R., & Shaffer, H. J. (2010). Optimizing DSM-IV-TR classification accuracy: a brief biosocial screen for detecting current gambling disorders among gamblers in the general household population. Canadian Journal of Psychiatry. Revue Canadienne de Psychiatrie, 55(2), 82-90.