

Responsible Gambling Guidelines

Healthy Hints!

- If you choose to gamble, do so for entertainment purposes
 - *If your gambling is no longer an enjoyable activity, then ask yourself why are you still “playing”?*
- Treat the money you lose as the cost of your entertainment
 - *Treat any wins as a bonus*
- Set a dollar limit and stick to it
 - *Decide before you go not only what you can “afford” to lose, but how much you want to spend. Do not change your mind after losing.*
- Set a time limit and stick to it
 - *Decide how much of your time you want to allow for gambling. Leave when you reach the time limit whether you are winning or losing.*
- Expect to lose
 - *The odds are that you will lose. Accept loss as part of the game.*
- Make it a private rule not to gamble on credit
 - *Do not borrow money to gamble.*
- Create balance in our life
 - *Gambling should not interfere with or substitute for friends, family, work or other worthwhile activities.*
- Avoid “chasing” lost money
 - *The more you try to recoup your losses the larger your losses will be.*
- Don’t gamble as a way to cope with emotional or physical pain
 - *Gambling for reasons other than entertainment can lead to problems. Gambling should not be used as a coping mechanism.*
- Drinking alcohol while gambling carries additional risk
 - *Alcohol and gambling are not a good combination. If your night out includes drinking it’s best not to gamble or visa-versa.*
- Become educated about the warning signs of problem gambling
 - *The more you know, the better choice you can make.*

Develop your own personal guidelines for responsible gambling.
If you need further assistance contact the Oregon Problem Gambling Resource
Call 1-877-MYLIMIT or go to OPGR.org

877-MYLIMIT
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