



When is gambling a problem?

Low-risk gambling

Most people who gamble are recreational, low risk gamblers who can enjoy gambling as a form of entertainment.

Low- risk gamblers understand that there is rarely a financial gain but can enjoy the thrill of taking a chance and having fun with friends.

Am I a low-risk gambler?

- The decision to gamble is my personal choice
- I set how long to gamble before starting to gamble
- I set acceptable losses before starting to gamble
- I believe gambling is not essential for having a good time
- I do not borrow money to gamble
- I know the use of alcohol/other drugs when gambling is risky
- I know there are times when I should not gamble, such as when I feel lonely, angry, depressed, or under stress or when I'm trying to impress others

**IF YOU CHOOSE TO GAMBLE,
KNOW THE RISKS.**

www.howdoyouplay.info

When is gambling a problem?

Gambling becomes a problem when someone's life is negatively impacted in some way. This may include problems with family or friends, issues at work, emotional concerns like depressed mood or anxiety, or financial troubles.

Is my gambling a problem?

- I spend a lot of time thinking about gambling
- I'm spending larger amounts of money on my gambling
- I tried to cut down or stop gambling but am not able to
- I get restless or irritable if I try to cut down my gambling
- I gamble to escape from life's difficulties or to cheer-up
- I continue to play after losing money - trying to win it back
- I lie about how much time or money I spend gambling
- I think a "big win" will solve my problems
- My gambling has affected my relationships or my job
- I borrow money or sell things to gamble

If you have concerns about your gambling or know someone with a gambling problem, there is help available.

**PLEASE MAKE THE CHOICE
TO CALL TODAY.**

**419-841-7701
ext. 6058**

