

10 RULES OF RESPONSIBLE GAMING

It is important to follow the gambling tips below to reduce the risk of developing a gambling problem.

1. If you choose to gamble, do so for entertainment purposes only.
2. Treat the money you lose as the cost of your entertainment.
3. Set a dollar limit and stick to it.
4. Set a time limit and stick to it.
5. Expect to lose.
6. Make it a private rule not to gamble on credit.
7. Create balance in your life.
8. Avoid “chasing” lost money.
9. Don’t gamble as a way to cope with emotional or physical pain.
10. Become educated about the warning signs of problem gambling.

If any of these statements sound like someone you know, that person may have a problem with gambling, call:

Council on Compulsive Gambling of Pennsylvania, Inc.

24hr Gambling Addiction Helpline - 1-800-848-1880

www.pacouncil.com

1-800-Gambler