



RESPONSIBLE GAMING

J·A·C·K·

ENTERTAINMENT

GAMBLING PROBLEM? CALL 1-800-MY-RESET

For more information on the
Ohio Voluntary Exclusion Program,
please visit

timeoutohio.com

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This brochure contains information on how to recognize problem gambling and on whom to call to obtain help.

Gambling as a form of entertainment can be an enjoyable way to socialize and is an accepted part of the America culture. For most people, gambling is a recreational event, with no adverse consequences. However, for some, gambling becomes something they feel they have to do rather than an activity they want to do for fun.

Problem gambling refers to any gambling that goes beyond the normal "bounds" of gambling for fun, recreation, or entertainment. Problem gambling is a recognized and treatable illness.

Knowing these common warning signs of problem gambling can help you identify a need for help and make informed decisions:

- Bragging about winning, exaggerating wins and/or minimizing losses.
- Spending a lot of time gambling, thinking about or planning to gamble.
- Restless or irritable when not gambling.
- Borrowing for gambling.
- Hiding time spent gambling or hiding bills and unpaid debts.
- Lying about how much time or money is spent on gambling
- Stopping or cutting back seems impossible.

If you choose to gamble, do so responsibly. Responsible gamblers understand the risk, never gamble under pressure, and gamble only for entertainment with a predetermined budget and time limits.

These responsible gambling tips can help ensure that your gambling experience is enjoyable and without adverse consequences:

- Remember that the house always has the advantage.
- Never gamble with borrowed money.
- **Gamble only what you can afford to lose.**
- Set a limit when gambling and stick to it.
- Avoid using gambling to relieve stress or escape personal problems.
- Avoid excessive alcohol use while gambling.

RESOURCES

Help comes from organizations and professionals committed to helping gamblers. Hope comes from taking the first step towards help.

Besides the National Problem Gambling Helpline, individual states also run free, confidential problem gambling helplines and provide on-line information on problem gambling. The following state resources are only a few of those available:

- **OHIO PROBLEM GAMBLING ONLINE RESOURCE DIRECTORY**

www.gamblinghelpohio.org

- **WellPlayed Ohio**

www.wellplayedohio.com

- **NATIONAL COUNCIL ON PROBLEM GAMBLING**

www.ncpgambling.org (800) 522-4700

- **GAMBLERS ANONYMOUS**

www.gamblersanonymous.org

- **GAM-ANON**

www.gam-anon.org (718) 352-1671

- **OHIO DEPARTMENT OF MENTAL HEALTH AND ADD. SERVICES**

www.mha.ohio.gov (877) 275-6364

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Confidential help and advice
are available nationwide 24
hours a day, 7 days a week.