

# responsible GAMBLING GUIDELINES

If you're concerned that gambling is becoming more than a game for you, try using these guidelines to moderate your play.



Think of the money you lose as the cost of your entertainment.

Set a dollar limit and stick to it.

Set a time limit and stick to it. Leave when you reach your limit whether you're winning or losing.



Understand that you'll probably lose, and accept the loss as part of the game.

Don't borrow money to gamble.



Don't let gambling interfere with or become a substitute for family, friends or work.

Don't chase losses. Chances are you'll lose even more trying to recoup your losses.



Don't use gambling as a way to cope with emotional or physical pain.

Know the warning signs of problem gambling.

Text by the National Council on Problem Gambling

If you're gambling is no longer an enjoyable activity, ask yourself: Why am I still playing?

call 1-800-GAMBLER or visit [www.problemgambling.ca.gov](http://www.problemgambling.ca.gov)



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