Responsible Gambling

﻿Gambling as a form of recreation is becoming increasingly popular. If you are someone who gambles, whether in person or online, it’s important to set limits. People who take a healthy approach to gambling:

* Gamble for entertainment, not to make money
* Balance gambling with other leisure activities
* Accept losses as the cost of the entertainment experience
* Only gamble with discretionary income (never with money that is needed to pay essential bills)
* Do not access additional funds (by going to the casino ATM, for example) once their initial gambling money is gone
* Set a budget and stick to it
* Set a time limit and quit when it is up
* Never borrow money so they can gamble
* Take frequent breaks
* Limit their alcohol intake while gambling

Others, however, may have difficulty with setting limits. Signs that gambling is becoming a problem include:

* An increased preoccupation with gambling
* Gambling more often or for longer periods of time
* Playing for higher stakes or to “chase” losses
* Borrowing money to gamble
* Feeling restless or irritable when not gambling or when attempting to stop
* Neglecting personal needs, such as nutrition, sleep, exercise, or cleanliness
* Losing control of the ability to stop gambling despite increasingly serious life consequences

If gambling is harming your relationships or finances, LifeMatters can help. Call or text today.

Source: responsiblegambling.org

Call LifeMatters by Empathia toll-free anytime. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

Call collect to 262-574-2509 if outside of North America

Visit LifeMatters online at mylifematters.com

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

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