

GAMBLING

(or "betting" or "gaming") is risking money or something of value on a game, contest, or other event with an uncertain outcome.

Examples of gambling include: cards, sports bets, betting on games of skill, dice, bingo, lottery, & online betting.



Problem gambling often starts with a seemingly innocent "big win."

KNOW THE RULES OF THE GAME.

KNOW THERE ARE RISKS.

It's not always just fun and games.

- ◆ While most people can gamble responsibly, many become problem gamblers.
- ◆ People who start gambling at a young age are more at risk of having gambling problems later in life.



After a while, the odds catch up with us. Some people try to "chase" their losses by gambling even more. They lose more, getting into even more debt.

KNOW THE ODDS.
Some win, most lose. Think about it.

- ◆ Odds of being struck by lightning: 1 in 280,000.
- ◆ Odds of winning Lottery jackpot: 1 in 146,107,962.
- ◆ Your odds of making it to the NBA or NFL are better than making it as a professional poker player.

DON'T LET THE GAME PLAY YOU.

ONLINE GAMBLING:

- ◆ Is illegal.
- ◆ Messes with your head. Sites make it look easy to win, so once you're winning while you're playing free they try to suck you into paying. Then the odds get worse.

THINK IT'S NOT AN ISSUE? THINK AGAIN.



One in every 25 Oregon teens already have problems with their gambling.

Some people can reach the point where they can no longer control their need to gamble (much like alcohol or drug addiction).

WHAT'S THE DIFFERENCE?

RESPONSIBLE GAMBLING:

- sticks with \$ and time limits
- doesn't borrow to gamble
- knows the odds and plays for fun
- gambling doesn't get in the way of life

PROBLEM GAMBLING:

- can't stick with \$ or time limits
- keeps playing to win back losses
- expects to win & needs to win
- gambling is interfering with other activities



SIGNS OF A PROBLEM

GAMBLING PROBLEMS CAN BE EASY TO HIDE. BUT HERE ARE SOME SIGNS YOU CAN LOOK FOR:

- ❑ Not sticking with limits on time and money
- ❑ Making more bets to try and win back lost bets
- ❑ Borrowing money or stealing to gamble
- ❑ Missing important events to gamble
- ❑ Lying to people or arguing with them about gambling
- ❑ Saying that gambling is a good or easy way to make money
- ❑ Using gambling as a way of escaping from problems
- ❑ Seemingly irritated or restless when not able to gamble
- ❑ Spending more time at online betting sites, looking at sporting odds, etc.

IF YOU OR SOMEONE YOU KNOW HAS SIGNS OF A PROBLEM, GO TO

1877
my LIMIT
.org

1877
my LIMIT
.org

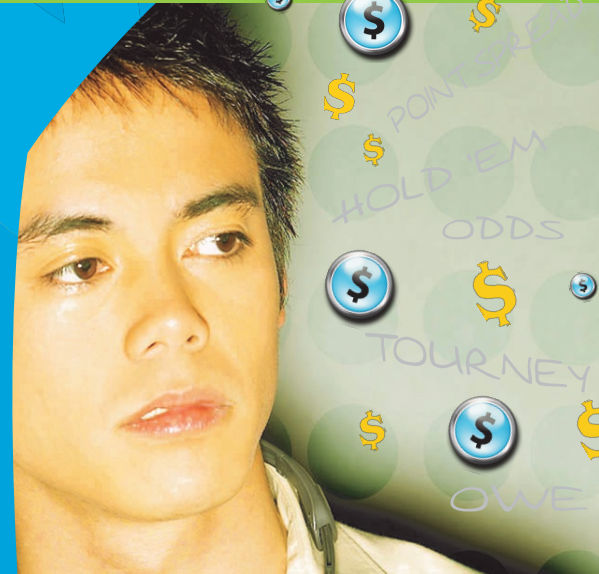
for free and confidential help.

Oregon DHS | Problem Gambling Services

1877mylimit.org



KEEP GAMBLING...



...from becoming a

mind GAME

for free and confidential help.

know the rules of the game.

know the rules of the game.