

ARE YOU PLAYING RESPONSIBLY?

- Have you borrowed money to gamble?
- Do you spend lots of time thinking about gambling?
- Are you restless and irritable when not gambling?
- Are you making larger dollar bets to increase the excitement?
- Have you lied about how much time or money you have spent or lost gambling?
- Do you gamble to escape uncomfortable or personal problems?
- Have you neglected important responsibilities, such as family, work, or school to gamble?
- Do you have unpaid bills or increased debt because of gambling?

TIPS FOR RESPONSIBLE GAMBLING

- Never gamble with borrowed money.
- Gamble only what you can afford to lose.
- Set a limit when gambling and stick to it.
- Bring a responsible friend.

HOW CAN A PERSON BE ADDICTED TO SOMETHING THAT ISN'T A SUBSTANCE, LIKE ALCOHOL OR DRUGS?

Although no substance is ingested, the individual with a gambling problem gets the same effect from gambling as someone else might get from taking a drug or having a drink. The gambling alters the person's mood, and the gambler keeps repeating the behavior attempting to achieve that same effect. But just as tolerance develops to drugs or alcohol, the gambler finds that it takes more and more of the gambling experience to achieve the same emotional effect as before. This creates an increased craving for the activity, and the gambler finds they have less and less ability to resist as the craving grows in intensity and frequency.

RESOURCES

Ohio Problem Gambling Helpline
1-800-589-9966

OhioMHAS
www.mha.ohio.gov > Treatment > Problem Gambling

Ohio for Responsible Gambling (ORG)
www.ORG.ohio.gov

National Council on Problem Gambling
www.ncpgambling.org

Gamblers Anonymous
www.gamblersanonymous.org

Gam-Anon
www.gam-anon.org

DON'T KNOW WHEN TO QUIT GAMBLING?



Call the
Ohio Problem Gambling Helpline
at
1-800-589-9966
or visit **ORG.ohio.gov**

WHAT IS PROBLEM GAMBLING?

Problem gambling refers to any gambling that goes beyond the normal bounds of gambling for fun, recreation or entertainment. Ohio for Responsible Gambling is committed to helping players make healthy decisions about gambling choices.

- Compulsive gambling (or pathological gambling) is a recognized and treatable illness.
- Problem gambling rates among teens and young adults have been shown to be 2-3 times that of adults.
- Providing a financial bailout for compulsive gamblers may actually make the problem worse.
- Gambling is not a way to solve financial problems.
- Children of problem gamblers may be at higher risk for a broad range of health, mental health and school-related problems.

ANYONE CAN BE AT RISK

Anyone who gambles can develop problems if they are not aware of the risks and do not gamble responsibly. When gambling behavior interferes with finances, relationships and the workplace, a serious problem already exists. Don't wait to get help for yourself or a loved one.

Call the Ohio Problem Gambling Helpline at 1-800-589-9966



OHIO CASINO
CONTROL COMMISSION



Ohio State Racing
Commission



Ohio for Responsible Gambling or "ORG," formed in 2012 with the partners shown above. The ORG goal is to reduce problem gambling and to offer information and resources to individuals in need of services through the Ohio Problem Gambling Helpline at 1-800-589-9966 and ORG's website: www.ORG.ohio.gov.

If you think that you or someone you care about could have a problem, call the Ohio Problem Gambling Helpline, 24/7 at **1-800-589-9966**.

WHAT ARE COMMON WARNING SIGNS?

- 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.

WHAT IS THE VOLUNTARY SELF EXCLUSION PROGRAM?

The Voluntary Self Exclusion Program allows a person to voluntarily agree to refrain from entering an Ohio casino for a period of one year, five years, or a lifetime. To learn more, contact the Ohio Casino Control Commission at 614-387-5848 or visit www.casinocontrol.ohio.gov/ResponsibleGambling.aspx.



Ohio Problem Gambling Services Bureau
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