

A Message on Responsible Gambling

What Is Responsible Gambling?

Do you know that over 80% of adults in the USA gamble? The majority enjoy their gambling experiences with lottery tickets, casino or race track visits, etc., as fun and entertainment. They gamble recreationally and with no negative consequences.

All gamblers should know that gambling is meant to be recreation and entertainment and the odds always favor the house. **Expect to lose.** Responsible gaming, or responsible gambling, is meant to be enjoyed socially with family or friends for a limited amount of time with predetermined limits for losses.

For those who choose to gamble we offer these Responsible Gaming Guidelines:

- Gambling is a personal choice. Do not be pressured into gambling or gamble to be accepted by the crowd.
- Always establish loss limits BEFORE you start to gamble.
- Consider the money you plan to gamble with as what you will **spend** on the cost of entertainment.
- Gamble only with money you can afford to spend, or lose, and **know when to stop.**
- Take a break from your gambling and enjoy other activities. Balance is important.
- Make a plan for what to do with any winnings you may have. Don't just gamble winnings away.
- Ask for information on Self-Exclusion if you need help to manage your gambling.

DO NOT GAMBLE:

- When it is illegal or against policy.
- When trying to chase or make up for losses.
- With money needed for daily expenses.
- To solve problems — personal or financial.
- To impress others.
- When you feel stressed, sad, angry or lonely.
- When in recovery from an addiction.
- Don't borrow in order to gamble; no credit cards.

Ask for information on Self-Exclusion if you need help to manage or stop your gambling.

RESPONSIBLE GAMING IN PRACTICE

Our Gaming Industry partners have pledged to make responsible gaming an integral part of daily operations. This includes everything from Employee Assistance Programs, to regular staff training, alcohol server training, advertising and marketing. They pledge to:

- Educate and train employees on responsible gaming practices.
- Implement communication programs so employees will better understand the policies and procedures on underage and responsible gaming.
- Distribute brochures on Self-Exclusion and Responsible Gaming.
- Know area resources for finding help with a gambling problem.
- Post the Helpline number in the casino and on all advertising.

What Is Problem Gambling?

A small number of people (1–3% of adults and 4–5% of adolescents) have a problem with gambling and have developed a gambling disorder that can disrupt families, social, educational and vocational pursuits.

These problem gamblers need assistance and can find help by calling the 24/7 HELPLINE for a free and confidential referral service with information on Self-Help groups and free counseling opportunities in Pennsylvania.

**800-848-1880,
800-GAMBLER,
800-522-4700**

All three of these numbers ring to our call center where trained and expert operators will guide you to help in your area.

WARNING SIGNS OF A GAMBLING PROBLEM

- Gambling Is Your First Priority
- Work Performance Is Suffering
- Chasing Money that You Have Lost
- Increasing Your Gambling
- Bills Are Falling Behind
- You Feel Stressed Out About Gambling
- Borrowing in Order to Gamble
- Neglecting Your Family, School or Friends
- Belief Gambling Can Solve Money Problems
- Can't Stop, Cut Down or Quit While Ahead
- Others Criticize Your Gambling

Thanks to the Connecticut Compulsive Gambling Treatment Program, Department of Mental Health and Addiction Services.

MEMBERSHIP APPLICATION

Name _____
 Address _____
 City _____
 State & Zip _____
 Phone _____
 Business _____
 Business Address _____
 Business Phone _____

Please check selected membership type:

- Full Membership and PCCG Newsletter \$35.00
 Benefactor \$100.00
 Patron \$500.00
 Institution or Corporate \$1,000.00

Any donation will be accepted \$ _____
 Your membership entitles you to discounts on all CCGP events, training, and educational resources.



Contributions are tax deductible

A Message From THE COUNCIL ON COMPULSIVE GAMBLING OF PENNSYLVANIA, INC.

The Council on Compulsive Gambling of Pennsylvania is a non-profit organization affiliated with the National Council on Problem Gambling. Our purpose is to offer education programs and disseminate information on problem gambling and to facilitate referrals through our Helpline to self-help groups and trained counselors.

The Pennsylvania Council provides speakers, workshops, seminars, and information on this public health problem to:

- Business, industry and labor groups,
- Schools and colleges
- Health care, treatment programs and
- Community and religious organizations.

To find out more about our CEU programs, to request literature on problem gambling or to become a helping friend of the Pennsylvania Council please call or visit our web page, www.pacouncil.com.

Office: 1-215-389-4008

Helpline: 800-848-1880
 800-GAMBLER
 800-522-4700



Council on
 Compulsive Gambling
 of Pennsylvania, Inc.

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IF You Play ...



ONLY Play Responsibly



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