

## Responsible Gambling

Responsible gambling involves being in control of the cost and time you gamble. This involves allocating a limit of funds and time spent gambling. Responsible gambling may also mean not gambling. The pay offs for responsible gambling is minimising risks to yourself and avoiding negative affects on relationships with family, friends and colleagues.

### Avoid:

- Gambling if under the influence of alcohol or drugs
- Gambling to avoid and distract from problems
- Excessive time spent on gambling behaviour
- Cancelling other commitments to gamble
- Chasing to win back money lost
- Borrow money to fund gambling

### Try to:

- Gamble responsibly by planning when and for how long to gamble
- Play within your financial limits
- Gamble in licensed premises
- Become aware of self exclusion options available to assist control
- Accept that there is a minority that win long term
- Be open about your gambling and if it becomes an issue ask for help