

This Responsible Gambling Public Awareness Campaign is sponsored by:
Nebraska Lottery and the Nebraska Department of Health & Human Services
A Partnership to reduce problem/pathological gambling in Nebraska.

For additional information:
Gamblers Assistance Program (GAP)
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If you choose to play, know the rules.



Low Risk Gambling

▶ If you choose to play,
know the rules!



A Responsible Gambling Public Awareness Campaign

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Included inside this informational packet:

Legal Gambling in Nebraska

Introduction to Gambling

Signs and Symptoms of Problem Gambling

Where to go for help

Tips for Responsible Gambling

"Play it Safe"

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Materials produced by:
Gambler's Assistance Program - Lincoln, NE
NE DHHS-Div. Behavioral Health

For more information about gambling regulations in Nebraska:
Nebraska Charitable Gaming - www.revenue.ne.gov/gaming
Nebraska State Racing Commission - www.horsereading.state.ne.us

Play it Safe!

**Low Risk Gambling Tip #4:
Don't borrow to play. Don't play illegally.**

If a person intends to gamble, these funds should already be available and set aside for entertainment purposes. Borrowing to continue to play or in order to win back your previous loss is a sure sign of problematic gambling behavior. Never loan anyone money or something of value to gamble either. Watch out when 'borrowing' becomes stealing.

**Low Risk Gambling Tip #5:
Don't chase your losses.**

If you expect to win and then lose, you may feel compelled to try again. If you bet more than you could afford and you lost it, you'll probably want to try to win it back. This pattern of playing, winning, losing and trying again is called 'chasing'. This is a dangerous cycle and indicates problematic behavior.

**Low Risk Gambling Tip #6:
Don't gamble when stressed, depressed or
in recovery from other addictions.**

For most people, gambling can be considered a form of recreation. However, problems can occur if you begin to turn to gambling for an escape from life's woes. Gambling can be addictive and the reinforcement one can receive from the 'high' of winning or the numbing effect of time spent focusing on something else is potentially enticing. The best way to '*play it safe*' is to use gambling as recreation only, not to wash away a bad day. If you're in recovery from alcohol, drugs, pathological gambling or other addictions, it is best not to play at all.

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**Low Risk Gambling Tip #1:
Don't bet more than you can afford.**

Gambling is meant for recreation. If a person chooses to wager with money or something else of value, he/she should only bet what you can afford to lose. This type of wagering is considered low risk, responsible gambling.

**Low Risk Gambling Tip #2:
Play for fun, not for money. Expect to Lose.**

Some forms of gambling are illegal so know the difference. Those who chose to wager should do so with the intent of pure entertainment. When a person gambles with the intention of winning, gambling begins to serve a different purpose. If gambling is seen as a means to pay bills with, chances greatly increase for this person to cross into problematic gambling behavior. Expect to lose, then winning is just a nice surprise.

**Low Risk Gambling Tip #3:
Set limits on time played and money spent.**

A person who chooses to gamble should always know ahead of time how long they can play. Losing control of time spent gambling leads to neglecting other responsibilities and is a clue of problematic gambling behavior. This is also true with money spent. A person should be responsible and have a predetermined amount of money they are willing to spend -and lose- prior to beginning to play. This method of restriction eliminates the potential hazard of loss of control that often lead to insufficient funds for living and other problems.

Play it Safe!

What are the 'rules' for gambling in Nebraska?

Regulated forms of gaming often vary in cities, counties and states. It is important that you, the consumer, understand the rules that apply in your area. In Nebraska, legal forms of gambling include: Bingo and Lottery by Pickle Cards; Lotteries and Raffles conducted by qualifying nonprofit organizations; Lotteries (Keno) conducted by counties, cities and villages; State Lottery (Powerball, Scratch off tickets, etc.) and Horse Racing.

Legal age limits vary slightly. Lotteries (Keno) conducted by cities and villages, State Lottery and Horse Racing require participants to be at least 19 years of age. However, you can be 18 and play bingo, purchase Pickle cards, Lottery and Raffle tickets. Individuals under 18 may participate in Bingo and purchase Lottery and Raffle tickets **ONLY** under limited circumstances authorized by Nebraska law.

Any other game or form of gambling is illegal. Three elements must be present in order to be considered gambling: 1) paying to play, 2) element of chance, 3) a prize. For example playing a card game of poker without paying in or winning a pot, isn't gambling—it's a game.

If you choose to play, know the rules! Always know how to 'Play it Safe' and protect yourself from the risks associated with gambling. Know how much you want to risk...but don't risk your life!

Read on for tips about Responsible Gambling.

▶ If you choose to play, know the rules.

What is Gambling?

Gambling is betting money or something of value on the outcome of a game, contest or other event where the results lie in chance and the outcomes are uncertain.

Problem Gambling is gambling to the extent that it causes emotional, family, legal, financial, or other problems for the gambler and the people around the gambler.

Pathological Gambling has the features of persistent, recurrent, maladaptive gambling behavior that disrupts personal, family or other pursuits.

Responsible Gambling is legal wagering for entertainment only, with limits on time played and money spent for a **low risk** of harm to self and others.

What does 'Risk' mean?

No Risk: not chancing anything thus would not win or lose

Low Risk: chancing something of little value thus wouldn't matter if won or lost

Medium Risk: chancing something of greater value thus would matter if won or lost

High Risk: chancing something very valuable thus would matter if won or lost

High risk gambling includes gaming that is illegal. Your stakes aren't just what you bet, but the legal consequences of hosting or playing when it isn't sanctioned in your city, county or state. If you choose to play, know the rules!

Here's what gambling is illegal in Nebraska at any age:

- Casino gambling-Slots
- Craps-Dice
- Roulette
- Betting on Sports/Games
- Black Jack
- Office Pools
- Dog Fights
- Internet Gambling
- Video Lottery machines
- Private Poker games in homes

Play it Safe!

Signs and Symptoms of Problem Gambling:

- Increase in time spent gambling
- Increase in size of bets
- Intensity of interest in gambling activity
- Turning to gambling during stress
- Excessive phone, texting or internet use
- Sleeping and/or eating patterns disturbed
- Increased irritability/hostility
- Erratic mood and personality changes
- Withdrawal from family/friends
- Feeling depressed, anxious and sensitive
- Decreased productivity at work and home
- Lying about activities, whereabouts, money
- Evasive about losing and bragging about winning
- Spending money earmarked for bills, etc. on gambling

Have you ever felt the need to bet more and more money?
Have you ever had to lie to people important to you
about how much you gamble?

If you have answered 'yes' to these two questions,
you may have a gambling problem.
Help is available.



If you're concerned about yourself
or someone you know,
call the 24hr Helpline: 1-800-522-4700

For local referrals to counselors: *Call* 1-800-522-4700
or go to www.nebraskacouncil.com - Nebraska Council on Compulsive Gambling
For more information go to: www.playitsafenebraska.com