

Play it Safe



A person who chooses to gamble should have the intent of pure entertainment, avoiding illegal wagering. Gambling should include a safety plan such as setting limits in advance on time played and money spent, never betting more than you can afford. Wagering money set aside for purposes other than entertainment, borrowing to play, chasing losses and losing track of time spent gambling are indicators of problematic behavior. Gambling can be addictive so the best way to 'play it safe' is not to use it for an escape from life's woes, but as recreation only. Never expect to win, then if you do... it's a nice surprise! 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.

Tips about Responsible Gambling:

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

Low Risk Gambling Tip #2:
Play for fun, not for money.

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

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

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

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

If you choose to play, know the rules! www.playitsafenebraska.com
If you're concerned about yourself or someone you know, call the 24hr Helpline: 1-800-522-4700