



More information may be obtained by contacting

**Kansas Racing and
Gaming Commission**

785-296-5800

or the

**Kansas Problem
Gambling Helpline**

800-522-4700

www.KSgamblingHelp.com

**KEEP THE FUN
IN THE GAME BY
GAMBLING
RESPONSIBLY**



Getting Help is your BEST BET

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Most would agree that gambling is fun! As a form of entertainment, it can be an enjoyable way to socialize. Gambling has become an accepted part of the American culture and for most, they are able to do so recreationally with no adverse consequences. However for some, gambling becomes something they feel they need to do rather than an activity they want to do for fun. To ensure that gambling does not become a problem for you, this brochure has been developed to help you make informed decisions about your gambling activity.

Knowing These Warning Signs of Problem Gambling Will Help You MAKE BETTER CHOICES

- A preoccupation with gambling
- You talk only about wins, not losses
- Gambling is a way to escape from problems
- Hiding losses from family members
- Borrowing money in order to gamble
- Gambling results in withdrawal from family and friends
- Stopping or cutting back seems impossible

Getting Help is your **BEST BET**

If you are concerned for yourself or for someone you know, make a confidential call to the

Kansas Problem Gambling Helpline

800-522-4700
www.KSgamblingHelp.com

If you choose to gamble, do so responsibly. Responsible gamblers understand the risk, never gamble under pressure, and gamble only for entertainment with a predetermined budget and time limit.

These Responsible Gambling Tips Can Help Ensure That Your Gambling Experience is Enjoyable and WITHOUT ADVERSE CONSEQUENCES

- Remember that the house always has the advantage.** Games of chance are always based on random outcomes.
- Set a budget and stick to it.** Decide beforehand how much you can afford to lose.
- Make it a rule not to gamble on credit.** Borrowing money for gambling should be avoided, including cash advances on your credit card.
- Set a time limit and stick to it.** Decide beforehand how much time you want to allow for gambling.
- Avoid trying to win back losses.** Chances are, the more you try to recoup losses, the larger the losses will be.
- Avoid using gambling to relieve stress or emotional discomfort.** Gambling is intended to be entertainment and should not replace coping skills.
- Excessive alcohol use while gambling can be risky.** Alcohol can affect judgment as well as interfere with healthy decision making.

Know the warning signs of problem gambling. Being educated can be the first line of defense in preventing problematic behavior.

Keep Your Gambling Experiences Fun. KNOW YOUR LIMITS. KNOW WHEN TO STOP.