



**Council on
Compulsive Gambling
of Pennsylvania**

10 TIPS FOR SAFER GAMBLING

1. If you choose to gamble, do so for entertainment purposes.
If your gambling is no longer an enjoyable activity then ask yourself why you are still “playing”?
2. Treat the money you lose as the cost of your entertainment.
Treat any winnings as a bonus.
3. Set a dollar limit and stick to it.
Decide before you go what you can “afford” to lose & how much you want to spend. Do not change your mind after losing.
4. Set a time limit and stick to it.
Decide how much of your time you want to allow for gambling. Leave when you reach the time limit whether you are winning or losing.
5. Expect to lose.
The odds are that you will lose.
6. Make it a private rule not to gamble on credit.
Do not borrow money to gamble.
7. Create balance in your life.
Gambling should not interfere with or substitute for friends, family, work or other worthwhile activities.
8. Avoid “chasing” lost money.
Chances are the more you try to recoup your losses the larger your losses will be.
9. Don’t gamble as a way to cope with emotional/physical pain.
Gambling for reasons other than entertainment can lead to problems.
10. Become educated about warning signs of problem gambling.
The more you know, the better choices you can make.

If you or someone you know has a gambling problem, help is available.

Call

**The Council on Compulsive Gambling of PA Helpline
1-800-GAMBLER® or visit www.pacouncil.com**

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