

RESPONSIBLE

GAMBLING

TIPS FOR SAFER GAMBLING

- Think of gambling as an entertainment expense, just like buying a movie ticket.
- Gamble with your weekly entertainment budget, not with bill money or money you haven't budgeted for bills.
- Make sure you know how much you can afford to lose before you play. If you win, you've been lucky – don't be disappointed if your luck doesn't continue.
- Think about the amount of money you can withdraw from your debit card – you can set daily limits at the cash desk.
- If you reach your spend limit, but keep going then you haven't really set a limit – chasing your losses can lead to even bigger losses.
- Make sure you only gamble when feeling happy & thinking clearly. Decision making can be more difficult when you're stressed or upset.
- Make sure gambling isn't your only pastime, balance gambling with other activities. When gambling becomes your only form of entertainment, it's unlikely that you're still gambling just for enjoyment.
- Take frequent breaks, stop for a coffee or step outside. Don't lose track of time.
- Limit your alcohol intake whilst playing. Alcohol can cloud judgement, & good judgement stands as your main line of defence against letting gambling get out of control.

For further confidential help:
National Gambling Helpline - www.gamcare.ork.uk





59 SUMMER STREET, ABERDEEN AB10 1SJ

 **01224 645273**