

IS YOUR BINGO PLAYING A PROBLEM?

RESPONSIBLE

GAMBLING

hold your own

Call the 24-hour, toll-free AADAC Help Line
1-866-332-2322

Keys to Responsible Gambling

- 1.** Understand that gambling involves spending money over time, just like any other form of entertainment.
- 2.** Before playing, determine the amount of time and money that is appropriate for you to spend.
- 3.** Set a budget and stick to it. Always play within your limits.
- 4.** Don't chase your losses. Accept them as a cost of entertainment.
- 5.** Don't use money intended for everyday expenses or borrow money to play games of chance.
- 6.** Only spend what you can afford to lose.

Are You Experiencing Gambling Problems?

These questions may help you examine your gambling activities. If a lot of gambling activity is noted in question 1 or you answer “yes” to questions 2 through 5, you may be experiencing gambling problems.

1. In the past year have you

- Bet on sporting events?
- Purchased lottery tickets?
- Played Bingo?
- Played Keno?
- Played games of skill for money (e.g. cards)?
- Played slot machines or VLTs?
- Gambled in a casino?
- Gambled at a racetrack (including off-track betting)?
- Participated in any other form of gambling?

2. In the past year have you spent more money than you intended on any of the activities above?

- Yes No

3. In the past year have the activities above created financial difficulties for you or your family?

- Yes No

4. In the past year has anyone expressed concern about your involvement in these activities?

- Yes No

5. In the past year have you been concerned about your involvement in these activities?

- Yes No

Help Is Available

Are you concerned that you or someone you know may have a gambling problem? Call the 24-hour, toll-free AADAC Help Line at **1-866-332-2322**, contact your nearest AADAC office, or visit aadac.com