

Keep it fun.  
Know your limits.  
Play It Safe

When played responsibly, gambling can be an enjoyable source of entertainment for adults. But it can lead to problems for individuals and families—as well as be addictive.

Problem gambling is defined as gambling to the extent that it causes any kind of emotional, family, legal, financial, or other problems for the gambler or those around him or her. People of all ages, races, and socioeconomic backgrounds can become problem gamblers.

There are many levels of problem gambling. In fact, you could be practicing risky behaviors without even realizing it. That's why it's so important to know the rules for playing it safe.

For more information, contact:

**Gamblers Assistance Program**

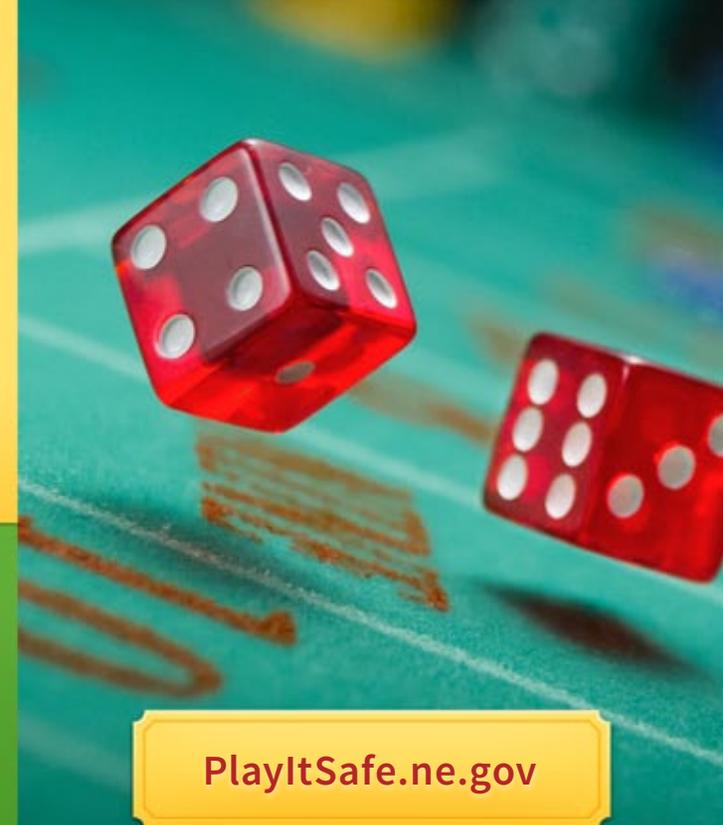
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Are You  
Playing It  
Safe?

**A GUIDE TO LOW-RISK GAMBLING**



[PlayItSafe.ne.gov](http://PlayItSafe.ne.gov)

## Tips for Playing It Safe

To minimize your chances of experiencing problems with gambling, it's important to know the rules. The following tips can help you stay in control.

### Safe Gambling Tips

1. Set limits on time and money spent.
2. Play for fun, not just for money.
3. Bet only what you can afford to lose.
4. Realize that knowing more won't guarantee a win.
5. Don't play to escape.
6. Know what's legal to play in your area.
7. Never gamble when stressed, depressed, or in recovery.
8. Know when to quit; don't chase your losses.
9. Understand that everyone loses over time.
10. Gamble only with money set aside for entertainment.
11. Avoid mixing gambling with alcohol or other substances.
12. Never borrow to play.
13. Balance recreational gambling with other healthy activities.
14. Know where to get help.

## Know the Signs of Problem Gambling

The first defense against problem gambling is to know which behaviors are considered safe and which ones may be the warning signs of a potential problem. The following chart can help you determine where you are in the spectrum.



### You're playing it safe when you . . .

- Only gamble with money set aside for entertainment.
- Play for fun rather than just for money.
- Balance gambling with other healthy activities.
- Know that everyone loses over time.



### You may want to consider slowing down if you . . .

- Begin gambling increasing amounts of money.
- Become increasingly preoccupied with gambling.
- Spend increasing periods of time gambling.
- Play again and again to try to win back losses.



### You should stop and seek help if you . . .

- Bet more than you can afford.
- Gamble to escape life's worries and problems.
- Neglect work, family, or friends.
- Continually chase your losses.

### Concerned about your gambling?

Confidential support is available to all Nebraska residents.

Call the Problem Gambling Helpline  
**1-800-GAMBLER (1-800-426-2537)**