



Sample Article

Debunking Common Gambling Myths

When played responsibly, gambling can be an enjoyable source of entertainment. Many adults seem to agree, as approximately 85 percent of Americans have reported gambling at least once in their lives. But there are many common misconceptions about gambling that can lead to risky gambling behavior. Debunking these myths can help keep people playing responsibly.

- **Myth 1: If I lose at first, I can eventually win it all back if I keep gambling.**
Your odds are reset at every new game, so what happened in the past has no impact on your next game. Over time, everyone loses. Never try to win your money back. This is called “chasing your losses,” and it is a sign of problematic gambling behavior.
- **Myth 2: I’m a lucky person, so I’ll be a lucky gambler.**
Luck has nothing to do with winning. While some games require skill, gambling is ultimately based on chance—and the probabilities that determine payouts always favor the gaming industry.
- **Myth 3: The more I know about a game, the better chance I’ll have at winning.**
It’s true that certain types of gambling require skill, but knowing more doesn’t guarantee a win. Gambling is still about chance, and the odds always favor the house.
- **Myth 4: I’m not an irresponsible person, so I could never become addicted to gambling.**
Anyone can develop a problem with gambling. By practicing responsible gambling behavior, you can minimize your chances of experiencing problems or becoming addicted.
- **Myth 5: I can afford to keep gambling, so I don’t have a problem.**
Problem gambling can affect more than just finances. If gambling causes any kind of emotional, family, legal or other problems for you or your loved ones, you should seek help.
- **Myth 6: People who are problem gamblers must gamble every day.**
Even people who gamble infrequently can be problem gamblers. If you experience any kind of emotional, legal, financial or other problems due to your gambling, you should seek help.

Where to go for help

Confidential support is available 24/7 to all Nebraska residents through the Problem Gambling Helpline, 1-800-GAMBLER (1-800-426-2537). This service is provided by trained and credentialed counselors who have experience working with problem gambling. For more information and strategies on responsible gambling, visit PlayItSafe.ne.gov. The helpline and website are provided by the Nebraska DHHS Division of Behavioral Health’s Gamblers Assistance Program.

