

What can you do to be a responsible gambler?

Know that losing is part of the game, and understand that gambling is not a way to make money. Almost all gamblers will eventually lose.

Teens need to understand that the belief that they have 'special luck' is illogical and dangerous. Problem gamblers who think this, often chase their losses by betting more and more money in the belief that they will win back the money they have already lost.

Teens also need to understand that responsible adults either don't gamble at all or do so with amounts that they can afford to lose. Gamblers should look at gambling as a form of entertainment and should treat the amount won as a bonus and the amount lost as the cost of their entertainment.



For confidential help
24 hours a day call
Michigan Problem Gambling Help Line
800-270-7117

For information about local Gamblers Anonymous
meetings in your area call
Gamblers Anonymous
313-792-2877

For additional information on problem gambling
and resources in your area please contact the
Oakland County Health Division
Office of Substance Abuse Services
248-424-7100



www.co.oakland.mi.us/health

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KNOW WHEN TO FOLD'EM
When Gambling Becomes A Bad Bet

Some common types of gambling are:

- ♣ Poker, Texas Hold'em, 5 Card Stud
- ♦ Betting on sports and video games
- ♠ Rolling dice
- ♥ Bingo, raffles
- ♣ Lottery, keno, and scratch off tickets
- ♥ Internet gaming
- ♠ Slot machines, craps, and roulette

Why do some people gamble?

- ♣ For the fun and action of the game
- ♥ To win money
- ♠ Competition
- ♦ To escape problems at home or school
- ♣ Loneliness or boredom
- ♥ Someone at home gambles often
- ♠ Peer pressure
- ♦ To gain attention from people

Answer These Questions



- ♣ Does gambling make you feel different, special or happy in ways that other things in your life can not?
- ♥ Do you lie about your wins or losses?
- ♠ Do you think that most of your problems would be solved if you made the 'big win'?
- ♦ Has gambling meant changing friends or neglecting your favorite activities?
- ♣ Do you borrow or steal to obtain gambling money?
- ♥ Do you try to hide or cover up your time spent gambling?
- ♠ Do you gamble until your last dollar is gone?
- ♦ Do you gamble to escape problems in your life?
- ♣ Has gambling affected your reputation?
- ♥ Have you been depressed or thought of suicide as a result of gambling?

If you answered yes to any of these questions, you may have a gambling problem and should seek professional help immediately.

WHAT EXACTLY IS GAMBLING?

Gambling (or betting) is any act that involves the risk of money or valuables on the outcome of a game, contest or any other event.

THE FACTS

*Most Michigan teens **DON'T** gamble.*

But of those who do, 4-8% develop a serious gambling problem.

Compulsive gambling is an addiction, much like drugs and alcohol.

Almost everyone who gambles loses money in the long run.