



THE RULES OF RESPONSIBLE GAMBLING

- IF YOU CHOOSE TO GAMBLE, DO SO FOR ENTERTAINMENT PURPOSES.
- TREAT THE MONEY YOU LOSE AS THE COST OF YOUR ENTERTAINMENT. TREAT ANY WINNINGS AS A BONUS.
- SET A DOLLAR AMOUNT THAT YOU CAN 'AFFORD' TO LOSE AND STICK TO IT. DO NOT CHANGE YOUR MIND AFTER LOSING.
- DECIDE HOW MUCH TIME YOU WANT TO ALLOW FOR GAMBLING. LEAVE WHEN YOU REACH THAT TIME LIMIT, NO MATTER IF YOU ARE WINNING OR LOSING.
- EXPECT TO LOSE.
- DO NOT BORROW MONEY TO GAMBLE.
- CREATE BALANCE IN YOUR LIFE. GAMBLING SHOULD NOT INTERFERE WITH OR SUBSTITUTE FOR FRIENDS, FAMILY, WORK OR OTHER WORTHWHILE ACTIVITIES.
- AVOID CHASING LOST MONEY.
- DO NOT GAMBLE AS A WAY TO COPE WITH PROBLEMS.
- BECOME EDUCATED ABOUT THE WARNING SIGNS OF PROBLEM GAMBLING.



**IF YOU HAVE A PROBLEM WITH GAMBLING CALL THE 24 HOUR
CONFIDENTIAL HELP LINE IN MICHIGAN 1.800.270.7117**



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