

Responsible Gaming Education Week (RGEW)

Problem gambling is any type of gambling behavior that disrupts your life in negative ways

Gambling is not an individual responsibility. It impacts everyone around you.

Tips

- Set a budget. Don't gamble with money you don't have.
- Keep it social and just for fun.
- Don't let gambling interfere with your relationships.
- Stay informed. Know what your limits are.

Warning Signs of Problem Gambling

- Borrowing money you can't pay back
- Chasing after losses
- Lying about how much you're spending
- Betting at higher and higher stakes

Resources

- 1-800-GAMBLER
- We Know the Feeling
<https://weknowthefeeling.org/>
- Nicasa Behavioral Health Services
<https://nicasa.org/>
- Treatment Alternatives for Safe Communities (TASC)
<https://www.tasc.org/tascweb/home.aspx>
- Illinois Council on Problem Gambling
<https://icpg.info/>
- Gambler Anonymous 855-222-5542
- Gam-Anon <https://www.gam-anon.org/>