

GAMBLING AWARENESS

Responsible Play THE CT WAY

Gambling Problem? Help is available.

WHAT IS RESPONSIBLE GAMBLING?

Gambling responsibly means taking steps to reduce risks or harms to yourself that can occur when gambling. There are those that can get themselves into trouble financially. For others, their gambling can cause issues with friends and family, or some may drink too much and/or use other substances while they play. It's important to remember that all gambling activities have risk and to enjoy a safer playing experience, you must be aware of the risks and how you can minimize them. Using strategies when you gamble like setting a budget before you leave your house, taking breaks, and educating yourself on how the games work are just a few tips on being the safest and smartest player that you can be.

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UCFS Healthcare

BETTOR CHOICE GAMBLING TREATMENT PROGRAM

860-823-3094

If You Bet, Know Your Limits

Know the Game: Make sure you understand the odds and house edge. Over the long run, the house always wins.

Make Your Plan: Know how much you're willing to lose and how long you want to play – set limits of time and money.

Risk: Know and respect your tolerance for risk.

Money: Never borrow money to gamble. Don't gamble money you can't afford to lose.

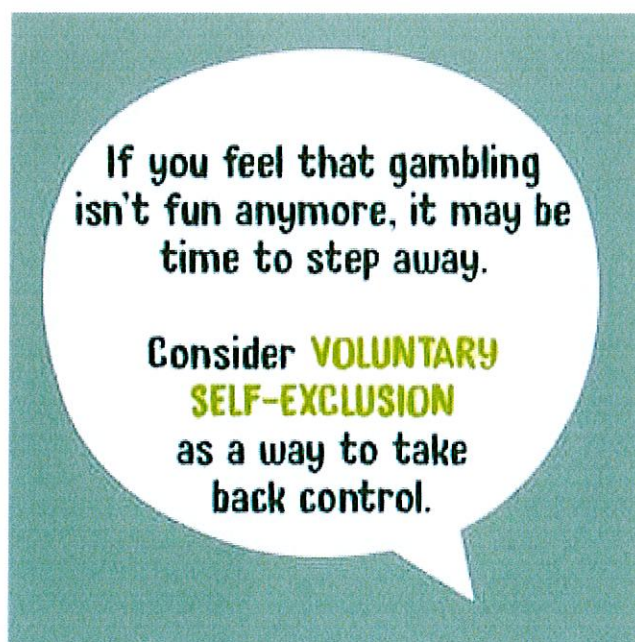
Team Up: Consider teaming up with a friend to help each other stick to your personal betting plan.

Time: Set a timer on your phone to keep track of time spent betting.

Balance: Balance gambling with other activities.

Entertainment: Treat gambling as a form of entertainment and not a way to make money.

Take A Break: When gambling is no longer fun, take a break.



What is Voluntary Self-Exclusion?

Self-exclusion allows a person to request to be excluded from legalized gaming activities in Connecticut. Individuals who enroll in self-exclusion are prohibited from collecting any winnings, recovering any losses or accepting complimentary gifts or services or any other thing of value from a licensee or operator. Operators may choose to exclude participants in the Connecticut Self-Exclusion list from their services in other states or countries.

How can Voluntary Self-Exclusion be Helpful?

Voluntary self-exclusion can be a beneficial and empowering tool for those who feel they may be developing or have a problem with their gambling. By creating a barrier, it allows those who want to decrease or stop their activity, reduce the harms associated with gambling.

When Voluntary Self-Exclusion May Be An Option?

- Gambling is no longer fun or entertainment
- Issues sticking to preset time or money limits
- Gambling is causing financial, health, or relationship problems
- Taking a break would be beneficial
- Gambling is causing feelings of stress, anxiety or concern
- The urge to gamble is becoming uncontrollable
- There is a focus on winning back losses
- Gambling has taken priority over other areas of life

See the following websites for self-exclusion forms or contact us here at the Bettor Choice Gambling Treatment Program at (860) 823-3094 for assistance.

<https://www.foxwoods.com/siteassets/casino/gc-202f-patron-voluntary-exclusionform1-26-2010.pdf>

<https://mohegansun.com/content/dam/mohegansun/PDF/Misc/self-exclusion.pdf>

https://gaming-exclusion.service.ct.gov/selfexclusion/s/registration?language=en_US

KEEP GAMBLING SAFE & AFFORDABLE



Set a limit on how much time & money & stick to it.

View gambling as entertainment, not as a way to make money.

Balance gambling with other leisure activities.

If you gamble and spend more time & money than planned, take a break.

CONCERNED ?

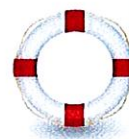
HELPLINE Confidential 24/7

1-888-789-7777

KEEP THE PROBLEM OUT OF GAMBLING

● **Gamble with limits on time, frequency, & duration.**

● **Gamble in a social setting with others, not alone, & with money you can afford to lose.**



Problem Gambling Helpline: 1-888-789-7777

www.ct.gov/dmhas/pgs

Low Risk Gambling is



A form of recreation, not to make money nor to make up for previous losses.

Setting limits on time, frequency, and duration.

In a social setting with others, not alone.

With money you can afford to lose.

High Risk Gambling is when

Coping with grief, loneliness, anger or depression.

Under financial pressure and stress.

Recovering from mental health or substance use disorders.

Using alcohol or other drugs, or is under legal age to gamble.

Problem Gambling Services, CT State Dept. of Mental Health & Addiction Services

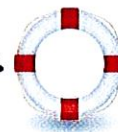
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