

COMMON GAMBLING MYTHS

MYTH: Playing certain days of the week will increase my chances of winning.

FACT: The chances of winning on any day are exactly the same as the day before. Gambling games are random, so playing every day makes no difference.

MYTH: If I keep gambling, my luck will change and I'll win back the money I've lost.

FACT: Continuing to gamble with the hopes of winning back lost money is referred to as "chasing losses" and does not increase your chances of winning. Each time you place a bet, the odds are no more in your favor than they were the last time.

RESOURCES

Michigan Problem Gambling Helpline
1-800-270-7117

Michigan Association on
Problem Gambling (MAPG)
www.michapg.com

National Council on Problem Gambling
1-800-522-4700
www.ncpgambling.org

Gamblers Anonymous
www.gamblersanonymous.org
GAM-ANON
www.gam-anon.org

KEEPING IT FUN

Play Responsibly



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MICHIGAN



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RESPONSIBLE GAMING.

Help is available 24/7: Call 1-800-270-7117



RESPONSIBLE GAMBLING AND A COMMITMENT TO PLAYERS

Gambling games are designed to be fun and exciting entertainment. While millions of players enjoy gambling responsibly each year, some individuals display signs of problem gambling behavior. For those individuals, there are tools and resources available to help.

If you think you or someone you know may have a gambling problem, please call 1-800-270-7117.

Betting Responsibly

- Don't think of gambling as a way to make money, but rather an enjoyable form of entertainment performed in moderation.
- Set money and time limits for gambling and stick to them. You should consider the money you spend on gambling as part of your entertainment budget and act accordingly. Only budget what you can afford to lose.
- Gambling is your choice. Don't allow others to pressure you to gamble.
- Take a break and participate in other forms of entertainment. Gambling should be a fun, but limited, part of a well-balanced lifestyle.
- Don't consider gambling a necessary part of having a good time.
- Avoid gambling when you're upset, lonely, angry, depressed, or stressed.
- Gambling is not advised for those in recovery for addictive disorders or dependencies.
- Have alternative entertainment available when choosing to gamble.

Problem Gambling Signs

Problem gambling may affect anyone. Once it is detected, problem gambling may be treated successfully. The first step is determining if you have a problem or are headed toward a problem. Some warning signs are:

- Missing work or sacrificing time with your friends and family to gamble
- Gambling is causing problems with your family and friends
- Lying about the time spent gambling or the money you've lost
- Being unable to stop or control your betting
- Borrowing money to gamble
- Gambling to get money to solve financial problems
- Selling or pawning property to get money for gambling
- Spending money on gambling that should have gone to pay your bills
- Gambling more to recover your losses
- Committing a crime or considering committing a crime to pay for gambling
- Feelings of hopelessness, depression or suicide

MICHIGAN PROBLEM GAMBLING HELPLINE

1-800-270-7117

AT NO COST TO YOU, the Michigan Problem Gambling Helpline provides confidential, one-on-one support to any Michigan resident seeking help for a gambling problem. Counselors are available to provide immediate assistance, including screening services and referrals to treatment or support groups.

The toll-free helpline is available 24 hours a day, seven days a week.