

## Early Warning SIGNS CHECKLIST



-  Frequently chasing losses.
-  Ignoring responsibilities to gamble.
-  Losing track of gambling time.
-  Feeling irritable when not gambling.
-  Borrowing money to gamble.
-  Hiding gambling activities.
-  Gambling affects relationships.

## Do I Have a GAMBLING PROBLEM?



1. Have you overspent on gambling?.....
2. Do you gamble to relieve stress?.....
3. Do you need to bet more for excitement?.....
4. Do you gamble to recover losses?.....
5. Has gambling caused financial problems?.....
6. Have others expressed concern about your gambling?...
7. Do you feel guilty about gambling?.....

Assign 1 point for each "Yes." A score of 2 or more suggests you might need to take action.

## What Can I Do to CUT DOWN?



-  Set a budget before you play.
-  Limit the time you spend gambling each week.
-  Keep busy with friends.
-  Renew hobbies you enjoyed before you started gambling.
-  Turn to a friend, family member or a problem gambling organization.

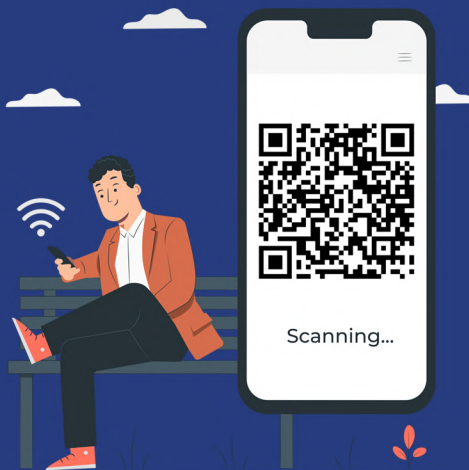
## Advice FOR FAMILY



1. Learn about problem gambling.
2. Avoid enabling gambling habits.
3. Support without judgment.
4. Encourage and celebrate progress.
5. Suggest engaging in other hobbies.
6. Don't forget to care for yourself.
7. Encourage open financial discussions.



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