

10 Tips for Responsible Gambling

1. Set a Budget Before You Bet

Decide how much money you can afford to lose before you start gambling—and stick to it. Never chase losses by going over your limit.

2. Set a Time Limit

Gambling for long periods can cloud your judgment. Take regular breaks and set a timer to avoid getting lost in the moment.

3. Use Separate Money for Gambling

Keep your gambling funds separate from money for rent, bills, or groceries. Never gamble with money you need for essentials.

4. Accept Losses as Part of the Game

Losing is part of gambling. Don't try to "win it back"—this can spiral into bigger losses and emotional stress.

5. Don't Gamble Under the Influence

Avoid betting when you're drunk, stressed, or emotional. You're more likely to make risky decisions you'll regret.

6. Avoid Borrowing Money to Gamble

Never use credit cards, loans, or borrowed money to fund your gambling. This leads to dangerous financial consequences.

7. Balance Gambling with Other Hobbies

Keep a healthy balance. If gambling is your only form of entertainment, it's time to diversify your activities.

8. Know the Game and the Odds

Learn how the bets work and understand that the house always has an edge. Educated betting is smarter betting.

9. Talk About It

Be open with friends or family about your gambling habits. It helps you stay accountable and keeps you grounded.

10. Seek Help If You Need It

If gambling stops being fun or starts affecting your life, reach out to a support group or helpline. You're not alone, and help is available.