



TO GET HELP WHEN
YOU NEED IT, CALL

National Gambling Helpline
Freephone 0808 8020 133
24 hours, 7 days a week

or visit
www.begambleaware.org



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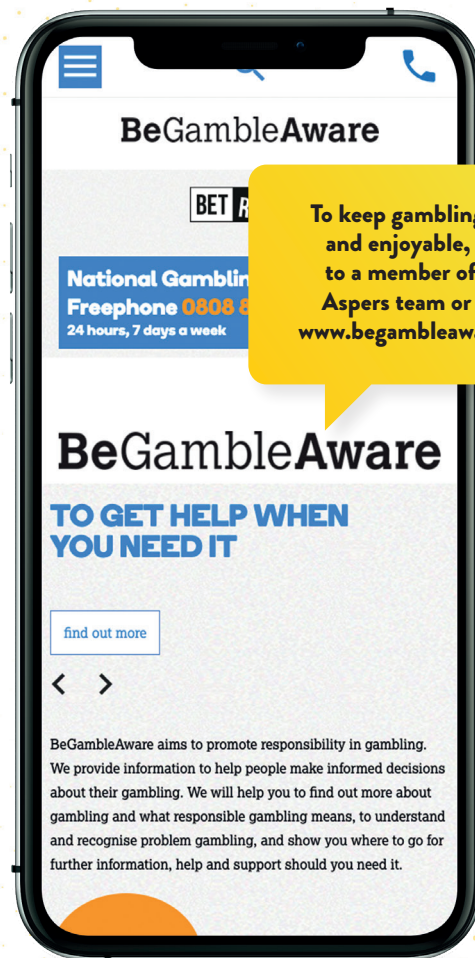
PLAY
SMART

GAMBLE RESPONSIBLY.

STAYING IN CONTROL

TIPS FOR SAFER GAMBLING

- › Think of gambling as an entertainment expense – just like buying a movie ticket.
- › Gamble within your weekly entertainment budget, not with your phone or rent budget.
- › Make sure you know how much you can afford to lose before you play. If you win, you've been lucky - don't be disappointed if your luck doesn't continue.
- › Think about the amount of money that you can withdraw from your debit card – you can set daily limits at the cash desk
- › If you reach your money limit, but keep on going then you haven't really set a money limit - chasing losses usually leads to even bigger losses.
- › Make sure you only gamble when you're feeling happy and thinking clearly. Decision making can be more difficult when you're stressed or upset.
- › Make sure gambling isn't your only pastime; balance gambling with other activities. When gambling becomes your only form of entertainment, it's unlikely that you're still gambling just for enjoyment.
- › Take frequent breaks; stop for a coffee or step outside. Don't lose track of time.



To keep gambling safe and enjoyable, talk to a member of the Aspers team or visit www.begambleaware.org

➔ **Gambling can be an enjoyable leisure activity when kept in balance.**

➔ **Don't bet it & regret it!**