



# RESPONSIBLE GAMBLING STARTS HERE

## HOW DO YOU PAUSE BEFORE YOU PLAY?

A recent study shows that while most people can gamble responsibly, some Ohioans cannot. This campaign contains tips, resources, and tools to help either you or a loved one make responsible decisions when it comes to gambling, as well as an online assessment to determine if you're at risk of problem gambling.

## WHAT ARE THE DANGERS OF PROBLEM GAMBLING?

Much like other forms of addiction, problem gambling can also lead to a variety of withdrawal symptoms and psychological issues, including:

- Anxiety
- Depression
- Stress
- Irritability and mood swings
- Restlessness
- Suicidal thoughts

## A SERIOUS ISSUE

Gambling addiction yields a higher suicide rate per capita than any other known addictive disorder:

- An estimated 80% of individuals struggling with gambling addiction consider committing suicide
- 20% actually attempt to take their own lives
- This represents roughly twice the rate of most other addictions

## WHAT IS PROBLEM GAMBLING?

Also known as gambling disorder (or ludomania), gambling addiction is considered a diagnosable and treatable disorder. While problem gambling has its own set of criteria for diagnosis and treatment, many still don't seek help for this potentially life-threatening condition.

## KNOW THE SIGNS

Recognize the warning signs of a problem gambler:

- Borrowing for gambling
- Lying about how much time or money is spent on gambling
- Hiding time spent gambling, or hiding bills and unpaid debts
- Spending a lot of time gambling, thinking about or planning to gamble
- Restless or irritable when not gambling
- Exaggerating wins and minimizing losses

## TIPS FOR RESPONSIBLE GAMBLING

This campaign is to promote healthy behavior, build awareness of problem gambling resources, and provide tools for responsible gambling for those who gamble:

- Set limits on how much you bet
- Keep gambling a social activity
- Pay your bills before gambling
- Have other hobbies outside of gambling
- Know the risks before you bet

## ARE YOU AT RISK?

Are you or someone you care about at risk of problem gambling? Visit [PauseBeforeYouPlay.org](https://PauseBeforeYouPlay.org)



### TAKE THE QUIZ

to see if you are at risk of problem gambling



### FIND FREE RESOURCES

for responsible gambling



### GET HELP

from free and accessible locations

