



MAKE YOUR GAME PLAN

WHY SHOULD YOU PAUSE BEFORE YOU PLAY?

With more forms of gambling accessible throughout Ohio, bets can be placed easier and quicker than ever before. But betting too fast can lead to making bets without thinking about the risk, which can lead to developing a problem with gambling. That's why it's so important to take a moment before placing a bet to pause, consider the risks, and set limits.

WHAT IS PROBLEM GAMBLING?

Gambling disorder or 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.

WHAT ARE THE DANGERS OF PROBLEM GAMBLING?

Similar to other forms of addiction, problem gambling can have long-lasting effects, such as:

- Suicidal thoughts
- Anxiety
- Depression
- Stress

A SERIOUS ISSUE

Approximately 1 in 5 individuals who struggle with problem gambling contemplate suicide, the highest rate amongst all known addictive disorders.

KNOW THE SIGNS

The signs of a person struggling with gambling are not always easy to see. A few signs to look for include:

- Betting more often or with more money
- Withdrawing from relationships
- Hiding gambling behavior from friends and family
- Borrowing money to relieve financial distress
- Betting more to make up for previous losses

TIPS FOR RESPONSIBLE GAMBLING

There are ways to ensure gambling stays responsible. Here are a few tips to keep gambling safer:

- Set limits on how much and how quickly you bet
- Pay your bills before gambling
- Keep gambling a social activity
- Have other hobbies outside of gambling
- Slow down, press pause, and recognize the risk before betting

ARE YOU AT RISK?

Are you or someone you care about at risk of problem gambling? Visit 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

