

PAUSE BEFORE YOU PLAY



IS SPORTS BETTING GAMBLING?

A common misconception about sports betting is that it isn't gambling because the bettor knows how a sport works and thus feels more confident that they'll win. But sports betting isn't a game of skill, it's a game of chance. That's why in Ohio sports betting is regarded as gambling by law. As with any other type of gambling, too much of it can become a problem.

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.

A CAUSE FOR CONCERN

Sports betting has become increasingly popular in the last few years and is expected to only get bigger and more popular. Almost half of American adults have participated in sports betting, and 57 million people play fantasy sports. Both fantasy sports and sports betting apps have started adding daily challenges to keep users playing more frequently, which could lead to a problem.

Online sports betting and fantasy sports allow people to place a bet or a guess on nearly every aspect of sporting events in real-time, shortening the time it takes to place bets and know the outcome. With the increase in online platforms and mobile apps, users have greater and easier access to play.

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

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
- Irritability and mood swings

A SERIOUS ISSUE

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




TIPS FOR RESPONSIBLE BETTING:

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?

If you or someone you care about is at risk of problem gambling, visit PauseBeforeYouPlay.org

-  **Take the quiz** to see if you're at risk for problem gambling
-  **Find free resources** for responsible betting
-  **Get help** from free and accessible locations