

KNOW THE RISKS OF ONLINE SPORTS BETTING



WHAT IS ONLINE SPORTS BETTING?

Online bets are bets that are placed using a computer's internet browser or a phone app instead of at a casino, racetrack, or sportsbook. With more and more options for apps, betting online has become an increasingly popular choice in recent years. Online sports betting being legalized in Ohio and will launch on the universal sports gaming start date of Jan. 1, 2023.

THE RISKS OF ONLINE BETTING

Online betting apps and platforms have made placing a bet easier and faster by letting people bet from the convenience of their phones at any time of day or night. With online sports betting, it's now possible to place multiple bets on your phone in real time as a game unfolds in front of you. The ease of betting with a single click has led to a concern that people are placing more bets than before and are doing it faster, which can lead to developing a problem with gambling.

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.

KNOW THE SIGNS

It's not always easy to tell if you or someone you know is struggling with a problem with gambling. Look for these common signs:

- Withdrawing from relationships with family and friends
- Hiding gambling behavior from loved ones
- Gambling more often or with more money
- Borrowing money with no explanation
- Gambling more to make up for previous gambling losses

PAUSE BEFORE YOU PLAY

With so many options available to bet on with the press of a button, it's easy to forget about the consequences. That's why it's important to pause before you play. Take a moment before you place a bet to ask:

- Does this bet fit within my budget and my limits?
- How much risk am I taking on?
- Is it time to stop?




TIPS TO KEEP ONLINE SPORTS BETTING RESPONSIBLE

Keep your online sports betting responsible by following these tips:

- Pause before you place a bet to set limits and assess your risk
- Set limits on how much money and time you spend betting
- Use a responsible betting app to keep yourself accountable
- Keep your betting social
- Know when is the right time to stop betting

WHAT DO I DO IF I AM CONCERNED ABOUT A PROBLEM WITH GAMBLING?

If you think you or someone you know is at risk, call the free Problem Gambling Helpline at 1-800-589-9966 or visit [PauseBeforeYouPlay.org](https://www.pausebeforeyouplay.org). There you can:

-  **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