

## **Be Smart - Bet Smart - Wager Responsibly**

For many people, betting on the horses is exciting and entertaining. They make thoughtful decisions about spending time and money.

**Here are some tips to follow in order to wager responsibly:**

- Do not "chase" losses. Accept them as the cost of entertainment.
- Use extra income to wager, not money needed for everyday expenses.
- Set a time limit.
- Balance playing the horses with other leisure activities.
- Play the horses for entertainment, not as a way to make money.

Responsible wagering is what most people practice on a daily basis. For some, however, wagering or gambling becomes a serious problem that they are unable to control. This can lead to a state of compulsive or pathological gambling. Pathological gamblers cannot resist the temptation to gamble; they cannot stop regardless of their jobs, families or anything else.

**How can you tell if you or someone you know has a gambling problem?**

1. Have you often gambled longer than you had planned?
2. Have you often gambled until your last dollar was gone?
3. Have thoughts of gambling caused you to lose sleep?
4. Have you used your income or savings to gamble while letting bills go unpaid?
5. Have you made repeated, unsuccessful attempts to stop gambling?
6. Have you broken the law or considered breaking the law to finance your gambling?
7. Have you borrowed money to finance your gambling?
8. Have you felt depressed or suicidal because of your gambling losses?
9. Have you been remorseful after gambling?
10. Have you gambled to get money to meet your financial obligations?

If you or someone you know answered yes to any of these questions and needs help for a gambling problem, call today.

**1 -800-GAMBLER (1-800-426-2537) or visit <http://www.gamblersanonymous.org/ga/>.**

Help is available 24 hours a day....every day.