

Checklist for Responsible Gambling

Helpline: 1-888-789-7777

Text CTGAMB to 53342 | Live Chat: [ccpg.org/chat](https://www.ccp.org/chat)



Set a budget and stick to it.

**Don't chase losses. The chances are the more you try to recoup a loss, the larger it will become.
Do not gamble on credit or borrow money to gamble.**



Monitor time spent playing and take breaks.

Set a time limit and stick to it. Leave when you reach the time limit, whether you are winning or losing.



Gamble for entertainment.

If you gamble, do so for entertainment purposes. If gambling is no longer enjoyable, ask yourself why you are still playing.



Be informed: know your game.

Know how the games work and your odds of winning before you wager.



Know when to say when.

Educate yourself about problem gambling and heed the warning signs. Help is available at www.ccp.org