

Gambling with GameSense



It just makes sense

- Play for entertainment, not to make money
- Know how the game works and what the odds are before playing
- Use your entertainment budget, not money for everyday expenses
- Set a budget and stick to it
- Only play with money you can afford to lose
- Consider leaving your ATM cards at home
- Plan how long you will play before you go
- Take frequent breaks
- Don't borrow money to gamble
- Don't chase losses, accept them as the cost of entertainment
- Balance gambling with other types of leisure activities

**Find out
more...**

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