

# What is Responsible Gambling

To reduce harm, try using these low risk strategies:



Set a budget & stick to it



Set time limits & take breaks



Gamble for entertainment & if it's not fun stop playing



Understand how the games work including odds



Avoid gambling when upset or frustrated



Limit or avoid alcohol/other substances while gambling



Balance gambling with other activities

## If You Choose to Gamble, Play Responsibly

Gambling can be a form of entertainment but it is not risk free.

Take a moment to read this brochure to learn about some of the best practices for responsible gambling and available resources for those who may be impacted by gambling harm.

For more tips to reduce risk visit our website:  
[responsibleplayct.org](http://responsibleplayct.org)

**PLAY SAFE**  
**PLAY SMART**

## Responsible Gambling Guide

Tips and Resources for Safer Play

**Responsible Play** THE CT WAY

**Play Safe. Be Informed.**  
**Gamble Responsibly.**  
Visit [www.responsibleplayct.org](http://www.responsibleplayct.org)



SCAN ME

CONNECTICUT COUNCIL on  
**PROBLEM  
GAMBLING**

# Responsible Play the CT Way Campaign

## Resources

Call the confidential helpline  
or scan the QR Code below

### In Connecticut:

50% of people believe  
gambling outcomes are  
based on luck.

45% of people report they do  
not know the steps to take to  
gamble safely.

(CCPG Survey of Adults in CT 2021)

A partnership between the CT Council  
on Problem Gambling, CT's gaming  
industry and state agencies with a  
focus on the importance of making  
safer play a priority as opportunities  
to gamble in our state increase.

If gambling is no longer fun, reach out!

Voluntary Self-Exclusion options  
are available for those looking  
to decrease or stop gambling for  
a chosen length of time.

Contact our confidential helpline at:

**PROBLEM  
GAMBLING  
HELPLINE**

24/7

**1-888-789-7777**

[www.ccpog.org/chat](http://www.ccpog.org/chat)

For more information visit

[www.ccpog.org](http://www.ccpog.org)

