What is Responsible Gambling

Using low risk strategies while gambling to reduce harm including:

- 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

Gambling Problem?
Help is Available
Call 888.789.7777
or visit ccpg.org
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: 888.789.7777

For more information visit www ccpg org or scan the QR Code below

Resources

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)