

Resources

Call the 24/7 confidential helpline

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.

Help is available for problem gambling.

Call 888.789.7777
or chat [ccpg.org/chat](https://www.ccp.org/chat)

For more information, visit:
www.ccp.org

Responsible Gambling Guide

Tips and Resources
for Safer Play



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 or other
substances while gambling



Balance gambling with
other activities

For more tips and information, visit ResponsiblePlayCT.org.