

Guidelines to Lower the Risk of Gambling Harm

Developed for those of legal gambling age



**GAMBLE NO MORE THAN
2% OF HOUSEHOLD INCOME
(BEFORE TAX)
PER MONTH**



**NEVER BORROW MONEY TO
GAMBLE. DON'T GAMBLE MONEY
YOU CAN'T AFFORD TO LOSE.**



**CONSIDER GAMBLING LESS OR
NOT AT ALL IF YOU...
EXPERIENCE PROBLEMS FROM
SUBSTANCE MISUSE; MENTAL
HEALTH CONCERNS; HAVE A
PERSONAL OR FAMILY HISTORY OF
PROBLEMS WITH GAMBLING**



**REGARD THE ACTIVITY AS
“ENTERTAINMENT” AND MIND HOW
MUCH MONEY YOU ARE ABLE TO
SPEND ON ENTERTAINMENT.**



**WHAT YOU PLAY MATTERS!
FAST-PACED GAMES THAT INVOLVE
QUICK AND REPEATED BETTING
CAN MORE QUICKLY LEAD
TO PROBLEMS**



**SET LIMITS ON:
ACCESS TO MONEY, AMOUNT OF
TIME YOU HAVE TO GAMBLE; HOW
GAMBLING WITH OTHERS OR ALONE
MAY AFFECT YOU**



**THINK ABOUT YOUR REASONS FOR GAMBLING. IS IT FOR FUN?
IF YOU'RE GAMBLING TO ESCAPE PROBLEMS, YOU'RE MORE LIKELY TO
EXPERIENCE HARM FROM GAMBLING AND MIGHT FIND IT HARDER TO STICK
TO THESE SUGGESTIONS.**

Tips for Lowering the Risk of Gambling

- Limit your consumption of alcohol, cannabis and other drugs while gambling.
This will make it easier to stick to the guidelines.
- Limit your access to money. Consider leaving credit and debit cards at home.
There are also apps that can prevent your phone from making payments.
- Use banking apps or third-party tools to temporarily block gambling transactions or limit card access before a session.
- Schedule a firm plan or social obligation right after gambling sessions,
which can set a limit on the amount of time you have to gamble.
- Gambling with other people or gambling to “escape” can effect how you gamble.
Think about how having gambling companions or gambling alone might impact you.
- “Entertainment money”. It is important to keep in mind how much money you are
able to spend on entertainment when deciding how much to gamble.
NEVER spend more money to try to win back what you have lost.
- Set limits. If you have a big trip or special event coming up where you’ll be gambling,
plan ahead, remember the guidelines and set limits.

Blocking software / apps for online gambling:



Gamban

bet**blocker**

Voluntary Self Exclusion:

State of CT

https://portal.ct.gov/selfexclusion?language=en_US



Foxwoods

<https://foxwoods.com/sites/default/files/2025-10/Patron-Voluntary-Exclusion-Form.pdf>



Mohegan Sun

<https://mohegansun.com/content/dam/mohegansun/PDF/Misc/self-exclusion.pdf>



**GAMBLING
ISN'T MY
GAME**



CONNECTICUT
Mental Health & Addiction Services

**PROBLEM
GAMBLING
HELPLINE**
24/7
1-888-789-7777
www.ccp.org/chat