

Want to Keep Your Gambling Fun?

The 4-2-1 Guidelines Can Increase Your Chances!

The Lower-Risk Gambling Guidelines were developed using the most current & highest quality scientific evidence.

Adapted with permission from the Canadian Centre on Substance Use and Addiction.

GameSenseTM

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HOW OFTEN?

Gamble no more
than **4 days** per
month, and

GameSense™

2

HOW MANY?

**Avoid regularly
gambling at
more than 2
types of games,
and**

**To learn more about the three
guidelines for lower-risk
gambling, visit
GamblingGuidelines.ca**



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HOW MUCH?

**Gamble no more
than 1% of
household
income per
month.**

However, these limits may not be suitable for you. You should consider gambling less than these guidelines recommend or not at all if you: Experience problems with drugs or alcohol, problems with anxiety or depression or have a personal or family history of problems with gambling.

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HERE ARE SOME TIPS TO HELP YOU KEEP gambling safe & fun.

- Try to limit your consumption of alcohol, cannabis, and other drugs while gambling. This will make it easier to stick to your guidelines.
- It's important to set an entertainment budget when gambling. Remember, try to gamble no more than 1% of your household income per month!
- Leave your ATM and credit cards at home and use only cash to help you abide by your entertainment budget.
- Take frequent breaks when gambling and try to schedule activities right after gambling sessions – which can help you set limits on the amount of time you have to gamble.
- Know how the games work and your odds of winning.
- Play for fun instead of money and when you do choose to gamble, remember to use your GameSense!

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 the suggested limits.

GameSense™

Talk to a GameSense
Advisor 24/7 by calling
1-800-GAM-1234
or LiveChat at
GameSenseMA.com

LiveChat

