

Tips for Keeping Gambling Recreational

- ♣ Avoid gambling when upset or depressed
- ♦ Don't use household money for gambling
- ♠ Never gamble on credit
- ♥ Don't drink alcohol while gambling
- ♣ Set time, frequency, and dollar limits, and stop when they are reached
- ♦ Avoid gambling alone
- ♠ Write down losses and winnings
- ♥ Avoid activity that causes a hardship on time and/or finances.

Don't gamble to escape
life's problems –
Keep it recreational.



Where to get help if you or someone you know has a gambling problem

If you think you may have a gambling problem, you are not alone. Over 301,000 Michigan adults are estimated to have suffered from a gambling problem, and there are places to get help. A good place to start is the **Michigan Problem Gambling Help-line**. It's strictly confidential, and the counselors can give you the help and support you need to break free of a gambling addiction.

Call 1-800-270-7117
24 hours a day.



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GAMBLING: THE SENIOR DILEMMA

Recreation Can Turn Into
Devastation!



Help is available, 24 hours:
call 1-800-270-7117
or visit www.gamblerresponsibly.org



Reasons Seniors gamble include:

- ♣ Unresolved grief from loss of a loved one
- ♦ Loneliness and boredom
- ♠ Secure environment (physical safety)
- ♥ To avoid thinking about problems
- ♣ For fun and excitement
- ♦ Complimentary travel, meals, and coupons
- ♠ To win money

Has your gambling become a problem?

- ♥ Are you neglecting bills?
- ♣ Have you used your savings, insurance, retirement, or investments to gamble?
- ♦ Do you have large credit card debt because of gambling?
- ♠ Have you sold personal property?
- ♥ Are you neglecting your health or personal needs?
- ♣ Are you withdrawing from family, friends, or regular activities?
- ♦ Are you spending more time in secretive gambling activities?
- ♠ Have you compromised your values?
- ♥ Do you find your mood changes with wins and losses?

"I don't have any other entertainment. When I'm not busy babysitting my granddaughter, I always find myself back at the casino."

- 65 year old male
Help-line caller



I don't like what it [gambling addiction] has done to me and what I've become. I am going to become the person I used to be. I try to see the counselor twice a month. I am taking responsibility for my bills. I have been clean now for 10 months.

- 66 year old female
Recovering problem gambler

Gambling in Michigan has changed. Once a relatively rare activity, it is now common. Last year, Michigan residents spent billions of dollars on legal forms of gambling. The amount continues to increase as gambling becomes more accessible to larger numbers of people.

Senior citizens are a major target for marketers of gambling, and account for a substantial portion of money spent on gambling in Michigan.

For some, gambling can become a problem that leads to serious family and financial problems. Seniors who are going through major life transitions such as retirement, loss of a loved one, moving, or health problems may be particularly vulnerable.

Do you need help?
Call 1-800-270-7117

For more information, visit:
www.gamblersresponsibly.org
or www.michigan.gov/odcp

