

KNOW YOUR LIMITS

How to say no when stakes are high.



As You Get **OLDER...**

- You find that adults start to trust you and give you more responsibilities
- You begin to manage your money and keep track of accounts and cards
- You move away from home and live on your own for the first time
- You meet new people and discover opportunities to try new things
- You gain the freedom to make your own decisions about how to live your life

It's an Exciting Time of Life.

Balancing new possibilities and added responsibilities can be stressful though, especially when it comes to paying for it all. When life is overwhelming and money is tight, you may do things you normally wouldn't, which could be a sign that something else is going on.

Do You Find **YOURSELF...**

- Using your time online to play fantasy sports for cash instead of research a term paper topic?
- Challenging friends from your campus organization to a few hands of poker for money?
- Lying to your family and friends about how you've been spending your time or money?
- Making regular trips to the local casino with some new people you met at work?
- Spending a lot of time thinking about how you could earn more money or possessions?

If any of these situations sound familiar, you may be developing a problem with gambling. That might come as a surprise, since you wouldn't normally associate these behaviors with gambling. However, answering yes to any of these questions could be an early warning sign that you're at risk for losing more than you bet on.

Gambling Can **AFFECT...**

- Your ability to stay on top of work for classes, activities and organizations
- Your quality of relationships with friends, professors, coworkers, family and others
- Your potential to secure and maintain a job that helps pay for everyday expenses
- Your reputation for future opportunities throughout college and beyond
- Your physical, mental and emotional health and overall well being

...But You Can Be **RESPONSIBLE.**

- Think about gambling as an entertaining activity, not as a way to make money or win prizes
- Set limits on the time and money you spend on gambling, and stop if you reach either limit
- Never borrow money or possessions or use credit or debit cards to gamble
- Don't bet anything you can't afford to lose, and don't try to win it back if you've lost
- Avoid gambling when you're feeling stressed out, depressed or upset

If you're worried you might have a gambling problem, it's important to ask for help before it becomes a bigger deal. Counseling is available at no out-of-pocket cost to Kansas residents, so if you need more information, visit our website or call our confidential phone number to speak with someone who can help.

Getting Help is your BEST BET

800-522-4700
KSgamblingHelp.com

