



— IF YOU GAMBLE —
**GET SET
BEFORE
YOU BET**

TITLE OF PRESENTATION

Presented By:
Name, Title
Month XX, 2017



GAMBLING PROBLEM? 1-800-589-9966 BEFOREYOU BET.ORG

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AGENDA FOR TODAY

1. About This Campaign
2. What is Problem Gambling?
Know the Warning Signs
3. Tips for Responsible
Gambling
4. Resources & Tools
5. Our Website:
BeforeYouBet.org



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RESPONSIBLE GAMBLING STARTS HERE

KEEP GAMBLING
FUN AND LOW RISK.



Assess your risk for problem gambling, learn about the warning signs, and find out how to keep gambling fun and responsible at BeforeYouBet.org.

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ABOUT THIS CAMPAIGN

GET SET BEFORE YOU BET

What is “Get Set Before You Bet”?

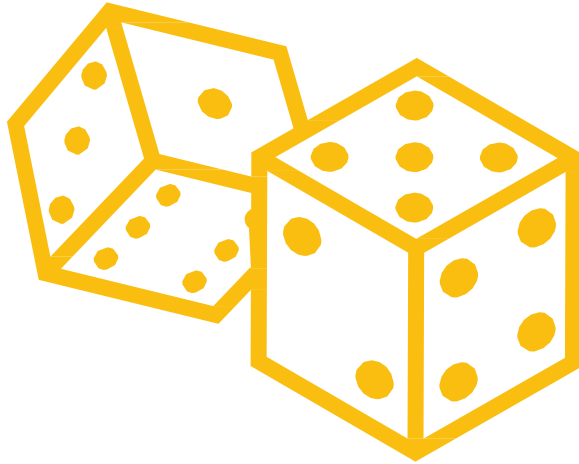
This campaign asks Ohioans who gamble to learn about responsible gambling by presenting tips, resources, and tools to help people be part of the group that sees gambling as a fun, social, and responsible activity.



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WHAT IS PROBLEM GAMBLING?



A QUICK DEFINITION*

Also known as gambling disorder (or ludomania), gambling addiction is considered a diagnosable and treatable disorder.

While problem gambling has its own set of criteria for diagnosis and treatment, many still fail to get proper help for this potentially life-threatening disease.

* From the Mental Health Rehab of Palm Beach
(<https://www.mentalhealthrehab.com/>)



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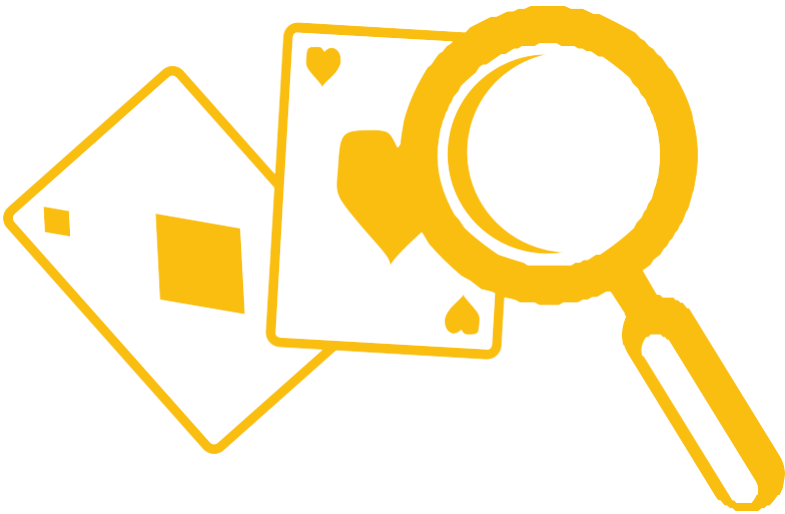
WHAT ARE THE DANGERS OF PROBLEM GAMBLING?

KNOW THE RISKS*

Much like all other forms of addiction, problem gambling can also lead to a variety of withdrawal symptoms and psychological issues, including:

- Anxiety
- Depression
- Stress
- Irritability and mood swings
- Restlessness
- Thoughts of suicide

* From the Mental Health Rehab of Palm Beach
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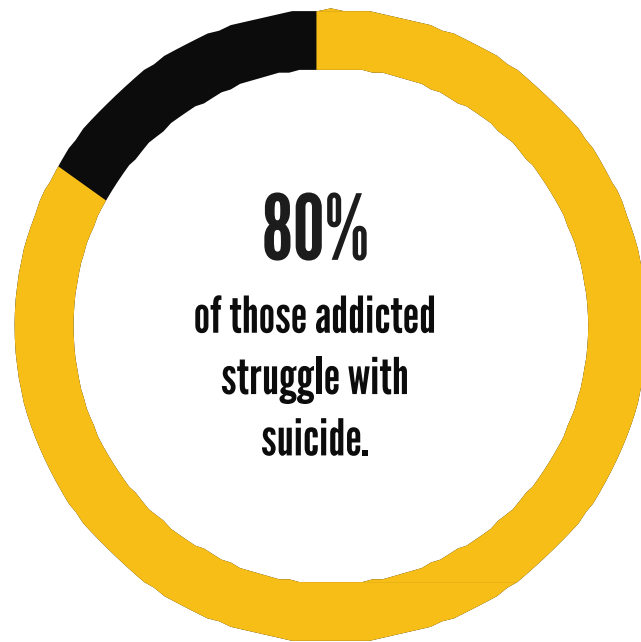


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A SERIOUS ISSUE

Gambling addiction yields a higher suicide rate per capita than any other known addictive disorder.



KNOW THE STATS*

An estimated 80% of individuals struggling with gambling addiction consider committing suicide.

- 20% actually attempt to take their own lives.
- This represents roughly twice the rate of most other addictions.

* From the Mental Health Rehab of Palm Beach
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KNOW THE SIGNS

Recognize the warning signs of a problem gambler:



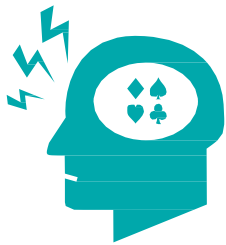
Borrowing for gambling



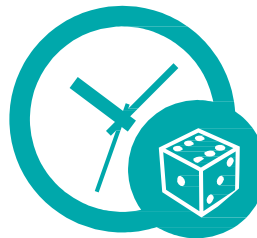
Lying about how much time or money is spent on gambling



Hiding time spent gambling, or hiding bills and unpaid debts



Restless or irritable when not gambling



Spending a lot of time gambling, thinking about or planning to gamble



Bragging about & exaggerating wins and minimizing losses



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TIPS FOR RESPONSIBLE GAMBLING

Healthy tips for Responsible Gambling:



Set Limits On How Much
You Bet



Keep Gambling A
Social Activity



Pay Your Bills Before
Gambling



Have Other Hobbies
Outside Of Gambling



Know The Risks Before You Bet



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FOR MORE INFO, VISIT **BEFOREYOUBET.ORG**

- Free downloadable resources
- Community toolkits
- Online risk assessment
- Tools, tips, and education
- Problem gambling help information



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A photograph of two men riding stationary bikes on a rooftop or elevated path. The man on the left is younger, with a beard, wearing a black t-shirt. The man on the right is older, with glasses and a mustache, wearing a light blue t-shirt. They are both smiling and looking towards the right. In the background is a dense city skyline with various skyscrapers under a clear blue sky with some light clouds. The word "QUESTIONS?" is overlaid in large white letters across the center of the image.

QUESTIONS?



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THANK YOU.

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