

Understanding Gambling



GAMBLING is when a person risks money or something of value on an **uncertain outcome**, with the possibility of receiving a prize or reward.

COMMON WAYS PEOPLE GAMBLE

Lottery Tickets
& Scratchers
Sports Betting

Prediction
Markets
Slot Machines

Casino Table
Games
Mobile Betting Apps

YES - THIS IS GAMBLING!

SPORTS BETTING is placing a wager on the outcome of a sporting event—either online or in person.

With online access available in more than 38 states, sports betting has become one of the **fastest-growing ways people gamble**.

Mobile apps provide instant access, which can increase time spent playing.

It's important to notice when betting shifts from fun to something stressful or costly.



SAFER PLAY

People engage with **gambling in many ways**, and everyone can benefit from **healthy habits that keep play positive**.

- Set time & money limits
- Understand the odds
- Take breaks
- Treat gambling as entertainment – not a way to make money



RESPONSIBLE GAMBLING

means enjoying games in a **fun, balanced, and low-pressure** way. It's all about making informed decisions that keep gambling recreational and entertaining.

i-800-GAMBLER
HELP FOR PROBLEM GAMBLING
Text: 800-GAM
Chat: [NCPGambling.org/chat](https://www.ncpgambling.org/chat)

Kansas
Department for Aging
and Disability Services

FOR MORE RESOURCES:

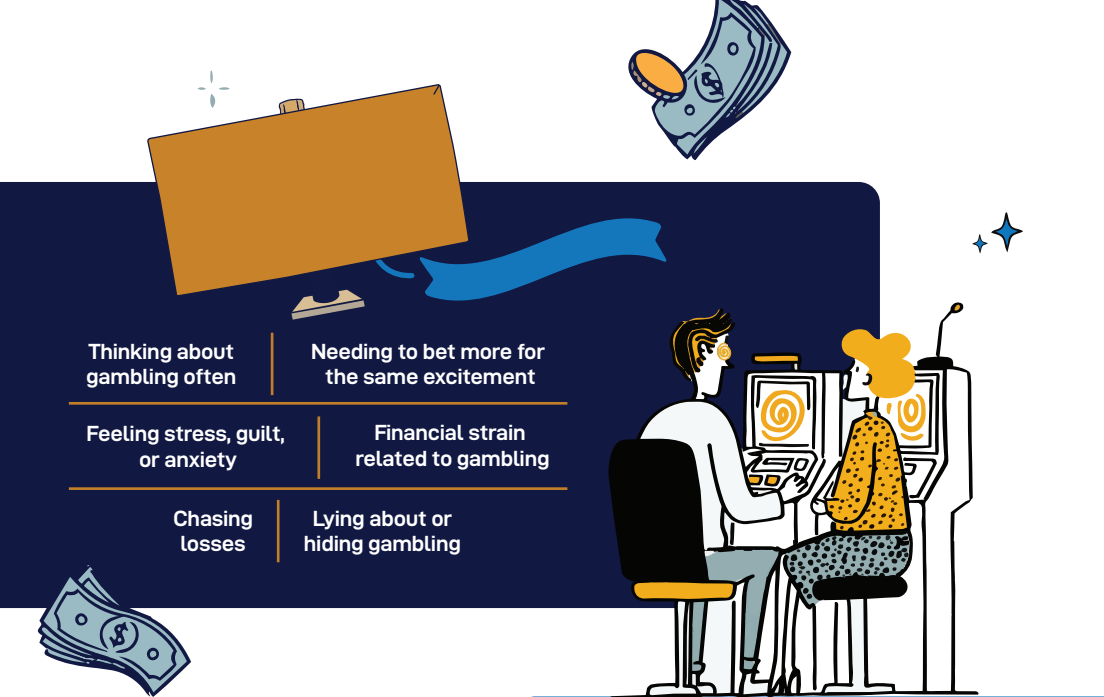
Scan the
QR code

or visit:

[KnowWhenTheGameIsPlayingYou.com](https://www.KnowWhenTheGameIsPlayingYou.com)



Gambling-related harm can affect life, work, and relationships.
All Kansas residents can receive confidential, no out-of-pocket cost treatment.



Thinking about gambling often

Needing to bet more for the same excitement

Feeling stress, guilt, or anxiety

Financial strain related to gambling

Chasing losses

Lying about or hiding gambling

This is your brain when **GAMBLING!**



PROBLEM GAMBLING occurs when gambling becomes difficult to manage and begins to affect a person's well-being, relationships, or finances. Recognizing early signs helps people get support sooner.

Helpful Responsible Gaming TOOLS & TIPS

Tips to Keep **GAMBLING FUN**



HOW MONEY, STRESS, & EXPECTATIONS Affect Decision-Making



SAFER GAMBLING RULES You Need to Know



Learn What **PROBLEM GAMBLING** Actually Looks like



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