

MORE THAN A BET

QUESTIONING YOUR BETTING?

Betting can be fun, until it's not. If you find yourself in a cycle of highs and lows, you're not alone.



What is a gambling disorder?

If you spend more time or money betting than planned, you might be experiencing a gambling disorder — a medically diagnosable and treatable condition. It affects roughly 9 million Americans, according to the National Council on Problem Gambling (NCPG).

Know the signs

The warning signs of a gambling disorder can be hard to spot, but here's what to look for:

- » Increasing amounts of money and time spent
- » Abrupt mood swings after a win or loss
- » Borrowing money to bet
- » Hiding betting behavior from friends and family
- » Withdrawing from relationships

Know the risks

You might think your sports knowledge gives you an edge, but betting is always a game of chance. Betting apps also encourage faster betting with in-game wagers. That's why sports bettors are nearly twice as likely to develop a gambling disorder compared to other bettors (NCPG).

It can take a toll

A gambling disorder can have long-term effects, like:

- » Financial strain and debt
- » Stress, anxiety, and depression
- » Suicidal thoughts and isolation

Make a game plan

Sports are fast. That's why it's important to have a game plan before you bet.

- » Set limits on the time and money you spend
- » Bet only with money set aside for entertainment
- » Never borrow money to play
- » Don't bet when you're feeling stressed, depressed, or upset
- » Don't chase your losses



TAKE OUR QUIZ

Gauge your risk level for betting harm at MoreThanABet.org/quiz

NEED SUPPORT?

Talk to a trained specialist, available 24/7 through the Ohio Problem Gambling Helpline. Call the number below or text 988

GAMBLING PROBLEM? 1-800-589-9966

 **Ohio for Responsible Gambling**