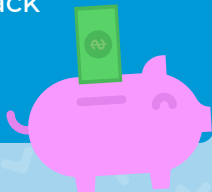


The gambler's checklist

8 tips and tricks for responsible gambling

1
Only gamble with what you can afford to lose

You won't get it back



2



Never chase losses

They only lead to bigger losses

3
Set a money limit

Leave your cards at home and your wallet with your mates



3

4

Set a time limit

When the clock strikes done, it's time to head home



5

Don't gamble under the influence

Drinking and gambling don't mix (and gambling hangovers are the worst)



6

Avoid gambling when you're upset

It's hard to make good decisions when you're having a bad day



7

Know the odds

You're more likely to get a hole in one than win a pokies jackpot



8



When you stop having fun, it's time to stop

Take a break when you start taking things a little too seriously

Check in next time you catch up at responsiblegambling.nsw.gov.au