



Always Gamble Responsibly

Remote gambling is now a recognized, well regulated, mainstream leisure activity in which operators have created an environment where gambling is fair, safe, honest and fun. The RGA and our members of course want people to continue to enjoy gambling online as a recreational activity but it is important to remember that the key to staying safe and out of trouble is to “always gamble responsibly”.

We have produced this leaflet in association with GamCare to highlight some simple messages to keep in mind when you gamble online:

- You're buying fun, not investing your money
- Gambling should be done in moderation and undertaken as a form of leisure
- Before playing, set limits on how much time and money you're going to spend
- If you need to, use the deposit limit tools to help maintain control
- Avoid chasing losses
- Only gamble with money you can afford to lose
- Keep up other interests and hobbies – don't let gambling take over your life
- Don't let gambling affect relationships with family and friends
- Don't gamble in order to escape from stress or boredom
- If you need a break from gambling make use of the self exclusion tools provided
- The key message is... **if you choose to gamble online, always gamble responsibly!**



If you'd like advice on controlling your gambling or are concerned about someone else's gambling, speak to GamCare in confidence on **0845 6000 133** or at **www.gamcare.org.uk**

