

# Responsible Sports Betting Tips and Resources



**GAMBLING** is when you bet on something uncertain, hoping to win more than you put in.

**SPORTS BETTING** is a form of gambling that involves wagering on sports.

## Know the Facts

**SPORTS BETTING:** The number of adults doing this has grown in the U.S. due to mobile and online technology. Being able to bet instantly and on the go, can make it easier for people to develop gambling problems.

**PROBLEM GAMBLING:** This is a serious issue that can affect anyone. In fact, millions of Americans struggle with problem gambling. It's not just about how often you gamble but how it impacts your life overall.

**CONSEQUENCES OF GAMBLING:** If not kept in check, gambling can lead to problems with money, mental or emotional health, and relationships.

**YOUTH INVOLVEMENT:** Young people are more likely to take big risks and act on impulse. With youth being more exposed to more gambling ads and promotions, they may be more likely to gamble and develop gambling problems later in life.

**ADULT GAMBLERS:** Adults who have placed a sports bet in the past year are twice as likely to show signs of problematic gambling compared to those who placed a bet, but not on sports.

## Identify the Warning Signs 🎲

Continuing to bet after losing money thinking that you will win your money back, otherwise known as **chasing losses**.

Having **financial problems** such as not paying your bills, making late payments, or owing money to friends or family.

**Neglecting responsibilities** such as having trouble or missing work or school.

Not focusing on friends and family when you need to, leading to **relationship issues**.

Feeling anxious, irritable, or other **changes in mood** when you're not gaming or gambling.

**Lying** about the time or money you spend on bets or **hiding** your bets.

## Tips for Betting Responsibly 🎲

**SET A BUDGET.** Only bet what you can afford to lose.

**SET A TIME LIMIT.** Don't let betting take over your day.

**TAKE BREAKS.** Get up to take a walk or eat food. Balance betting with other activities you enjoy.

**KNOW THE REALITY.** Betting is not a good way to make money. The house usually wins.

**NEVER CHASE LOSSES.** Accept losses, it's part of the game.

**KEEP YOUR HEAD CLEAR.** Don't gamble while under the influence of alcohol or other substances.

**SEEK HELP IF NEEDED.** You're not alone. Millions of Americans struggle with their gambling habits.

## Find Support & Resources

**CALL** 1-800-GAMBLER  
**TEXT** 800-GAM  
**CHAT** 1800GAMBLERchat.org  
**VISIT** VCPG.NET

**Support is confidential, free, and available 24/7.**

Information current as of 7/20/25 and subject to change.