

# 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



**Got a mate who needs to see this? Don't wait till they're broke to fix it.**

**Check in at [responsiblegambling.nsw.gov.au](https://responsiblegambling.nsw.gov.au)**