

GAMBLING? PLAY IT SMART.

Whether you're betting on sports, wagering online or gaming at a casino, there's no doubt that gambling can be a fun activity, but it can also lead to some serious problems. We have tips and information that can help keep gambling from getting out of hand.



**DON'T
REGRET
THE BET**

MICHIGAN

For tips that can help go to:
DontRegretTheBet.org



Did you know?

While most gambling doesn't hurt anyone, some people do become "hooked" on gambling and can't stop betting. For those who want to exercise control over their gambling, the online gaming and sports betting providers offer several options on their sites.

Time Limits



- Customers can opt into a time management system that allows you to limit your daily, weekly, and/or monthly time on the site; after exceeding this time you are prevented from further play.
 - Online gaming and sports betting sites offer reminders during your session of time spent on the site and the amounts spent; these can be done every 15, 30 or 45 minutes.
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Spending Limits



- Deposit - limit the total dollar amount that can be deposited to your account on a daily, weekly, and/or monthly basis.
 - Total Wager - limit the total dollar amount allowed per wager on a daily, weekly, and/or monthly basis.
 - Maximum Single Wager - limit the total dollar amount per line on each wager allowed on a daily, weekly, and/or monthly basis.
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"Cooling Off" Periods



- Many platform providers allow customers to temporarily suspend their account from further gaming; suspensions span from days to weeks and cannot be reversed.
 - During the suspension, customers are unable to re-open their account until the scheduled re-opening date.
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For more tips to game responsibly, ways to recognize signs of problem gaming, or way to get help go to www.michigan.gov/mgcb

