

Risks of Excessive Gambling

All forms of gambling involve risk, including games that may involve components of skill. Players should understand the risks associated with gambling before placing a wager.

- **Financial Risks**

When placing a bet or wager in any gambling games, the player risks losing some or all of their bet. That's why it's important to consider gambling as an entertainment expense, and only play with money you can afford to lose. Some players may get carried away and spend more than they intended. Consider setting limits on your wagers, deposits, or session time to help you gamble responsibly. Problem gambling can lead to excessive debt and serious financial consequences.

- **Relationship Risks**

Problem gambling may put relationships with friends and family at risk, jeopardize jobs and education, or damage a person's reputation. A person with a gambling problem may be dishonest with loved ones or employers, causing an erosion of trust in important relationships. Some problem gamblers may commit crimes in order to obtain money for gambling. If you notice that gambling negatively affects your relationships, that may be a sign of problem gambling.

- **Health Risks**

Gambling regularly can increase stress levels, leading to lower self-esteem, increased anxiety, or a greater risk of depression. Problem gambling has also been associated with an increased risk of other addictions, such as alcohol and tobacco. Monitor your mood and your mental and physical health, and if you notice negative trends, consider seeking help.