

How to Enjoy RESPONSIBLE GAMING

at Table Mountain Casino Resort

Casino gaming is a form of recreation enjoyed by millions of adults around the world. Enjoyed as part of a balanced lifestyle, gambling offers a level of fun and excitement few other hobbies can match. However, some people allow gambling to become a compulsion, at which point it must be treated as a disease. If you suspect gambling may become a problem for you, ask yourself these questions developed by Gamblers Anonymous:

- Have you ever borrowed money from family members or friends to relieve a financial problem caused by gambling?
- Have you lost or jeopardized important relationships with your spouse, significant other, parents or other loved ones due to gambling?
- Have you neglected family, school or work responsibilities because of gambling?
- Do you use gambling as a way to escape problems or relieve depression?
- Are you unable to stop playing, regardless of winning or losing?
- Are you betting more than you intended?
- Do you feel restless or irritable when attempting to cut down or stop gambling?
- Do you lie about your gambling activities?

If you answered "yes" to one or more of the above, you may have a gambling problem. Be honest with yourself. It takes courage to admit that your gambling may be out of control.

WHAT IS PROBLEM GAMBLING?

For most people, gambling is an enjoyable activity. But for some, it is not. It is a problem that destroys them personally, professionally and financially. Problem gambling can jeopardize your job and devastate relationships with your friends, your acquaintances and most importantly, your family members.

DO YOU NEED HELP?

Only you know if you are a problem gambler. If so, you are not morally weak. You have an illness that can be treated. Counseling and support are available for problem gamblers and their family members.

If you or someone you know has a gambling problem, you are not alone. You can get help now - for yourself and those you love.

***All calls are confidential. For help, please call:
1-800-GAMBLER (1-800-426-2537)***



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