

## Little Creek Casino Resort Responsible Gaming Statement

Little Creek Casino Resort promotes responsible gaming and recognizes that for a small number of people gambling can become an addictive behavior that causes problems for individuals and their families. If you feel that you need more help or advice, the information below may be useful for you.

### **Are you gambling beyond your means?**

If you can answer positively to more than three of the questions below, we recommend that you seek further advice.

- Has gambling ever affected your work, home life, reputation or made you unhappy?
- Have you ever felt remorse after gambling? Has it ever caused you difficulty in sleeping?
- After losing did you have a strong desire to return and win back your losses? Or after a win, try and win more?
- Have you ever gambled down to your last dollar?
- Have you ever borrowed money or sold something to finance your gambling?
- Have you ever been reluctant to spend money set aside for gambling on normal expenditure?
- Has gambling ever made you careless towards your welfare or that of your family and friends?
- Have you ever gambled longer than planned?
- Has gambling ever been an escape from worry or difficulties?
- Have you ever committed or considered committing an illegal act to finance gambling?
- Do arguments, disappointments or frustrations or even good fortune create the urge to gamble?
- Have you ever considered harming yourself as a result of your gambling?

The following organizations provide helpful resources for individuals and families dealing with gambling problems or for those who just want to learn more. This is not a complete list of organizations, but a selection of "help lines" that may be useful.

- [Gamblers Anonymous, International Service Office](#)
- [National Council on Problem Gambling](#)
- [National Council on Problem Gambling State Affiliates](#)