

Online & Mobile Gambling



As technology advances, the internet and mobile phones offer fast & easy access to many activities, including online/mobile gambling. Recent research shows that over 35% of U.S. adults gamble online &/or with their phone. Unlike traditional forms of gambling, online/mobile gambling can now be accessed from anywhere, including at home. For some, this increased access, combined with the fast rate of continuous play, may be a pathway toward gambling-related harms & potential for developing an addiction to gambling (“Gambling Disorder”).

Some signs of an issue with online/mobile gambling may include:

- **Preoccupation with gambling/devices**
- **Chasing losses with increased deposits &/or larger bet amounts**
- **Decline in work &/or school performance**
- **Lack of interest in non-gambling activities**
- **Social isolation from family/friends**
- **Unexplained debt &/or borrowing money for normal living expenses**

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There are ways to reduce the possibility of experiencing gambling-related harms:

1. **Use Legal & Reputable Apps** - Choose licensed platforms with good reviews.
2. **Manage Bankroll** - Set a budget, use limits, and never chase losses.
3. **Secure Payments** - Use trusted methods like PayPal; avoid saving card details.
4. **Claim Bonuses Wisely** - Check wagering requirements before accepting offers.
5. **Play Smart** - Know the odds and don't bet on long-shot returns or unlikely payouts.
6. **Take Breaks** - Avoid excessive play.
7. **Mix in Other Activities & Socialize** - Keep balance.
8. **Use Limit-Setting Tools** - Most apps offer "responsible gaming" tools.
9. **Know When to Quit** - Set win/loss limits; cash out profits instead of reinvesting.
10. **See it as Entertainment** - Not a way to make money.



**Gamble for fun,
Not for funds!**



Gambling Research
and Policy Initiative