

Healthy Hints!

Gift Responsibly

With the holidays just around the corner, the hustle and bustle of the gift-giving season is upon us. While gathering your last-minute presents and stocking-stuffers, here are a few things to keep in mind:

Be responsible when giving lottery tickets as gifts this holiday season

- Remember that instant lottery tickets are intended for adults 18 and older

Youth who receive instant lottery tickets as gifts:

- Tend to begin gambling earlier in life
- Are at an increased risk for developing more severe gambling disorders later in life

Youth gambling:

- Has been shown to be linked to other risk-taking and addictive behaviors such as smoking, drinking and drug use

If you or someone you know has a gambling problem, call the Ohio Problem Gambling Hotline at 1-800-589-9966 or visit www.org.ohio.gov.

Source: The National Council on Problem Gambling, 2014. Retrieved October 22, 2015, from <http://www.ncpgambling.org/programs-resources/programs/holiday-lottery-campaign/>

“The greatest gift you can give someone is your time, your attention, your love, your concern.”

-Joel Osteen

Resources:

**National Gambling Helpline
1-800-522-4700**

**National Council on
Problem Gambling
ncpgambling.org**

**Gamblers Anonymous
GamblersAnonymous.org**



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GUIDING COMMUNITIES TO A VIBRANT FUTURE

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