

Responsible Gaming

Gambling should always be fun. But if it ever stops being fun, we have resources for you.

Reality Check: If you lose track of time when playing poker you might be the right candidate for our Reality Check feature. With this feature you can select a time period to play (like 2 hours), after which a notification pops up. This notification includes statistics of the current session which may help you to decide if you would like to continue. Note this feature does not unregister you from tournaments, so be sure to finish playing any tournaments you are currently involved in, and unregister from any pending tournament starts.

Self-Exclusion: If you want help getting away from poker for a while, consider Self-Exclusion. This allows you to set an amount of time (from one day to one year) during which you will be excluded from playing on Virtue Poker (your login will be declined). The timeframe is up to you. We also offer permanent self-exclusion. If you choose to permanently self-exclude you will no longer be able to play or deposit on our site.

Note: Self-exclusion can not be undone.

Know Your Customer: Prior to depositing on Virtue Poker, all players must complete our KYC process. You will be required to provide identification to prove your identity, including age verification to confirm you are of legal gambling age. All documents must be valid for your country.

Set a deposit limit: You can set a maximum daily/weekly/monthly/annual deposit and your account won't let you exceed this. You may update these limits at any time.

Profit and loss graph: See your win/loss record over any period of time via an easy-to-understand infographic we generate on demand.

If you're worried that poker may be affecting your emotional, personal or professional life, you may have a gambling problem. Take a step back and consider if you are gambling responsibly.

How to gamble responsibly

- Gambling is a form of entertainment. It is not a way to get rich quickly and pay off your debts.
- Gambling is not a way to make money. The vast majority of gamblers lose, and while poker is not gambling *per se*, it incorporates many elements of luck.
- Never chase your losses.
- Never look to horoscopes or other sources for 'luck.' Poker is a game of skill. Look to your own statistics to determine your success or failure, and use the tools available to improve your game.

Consider the following questions to help establish whether you or a loved one has a gambling problem.

- Have ever you lied about the extent or success of your gambling?
- Do you gamble when you are depressed or to escape issues in your life?
- Do you borrow or steal money to gamble?
- Does gambling affect your relationships with other people?
- Do you gamble in order to solve your financial difficulties?
- If you run out of money when you're gambling do you feel loss and despair, and want to find money to gamble again as soon as possible?
- Have you ever lied to cover up the amount of money or time you have spent gambling?

- Have you ever been forced to rely on others to finance your gaming?
- Do your thoughts constantly turn to gambling?
- Have you ever tried to win back losses by taking risks you usually would not take?

How to stop gambling

These are some self-help strategies to help with cravings if you feel the signs of a problem becoming prevalent.

- Reach out for support by confiding in a trusted friend or going to a gambling assistance meeting
- Distract yourself with other activities that you enjoy - avoid isolation by looking for healthy ways to socialize
- Postpone your gambling by giving yourself a longer period to wait (it may allow the urge to pass or weaken)
- Try to give yourself a reality check - imagine what will happen after you gamble, and the way it makes you feel
- Seek outside assistance.

Problem Gambling Resources

If you feel that you are experiencing problems with gambling, you should seek help from professionals. You can seek help from the following organizations and services, but remember that there may be more depending on you country.

- [Gambling Therapy](#)
- [Gamblers Anonymous](#)
- [National Council on Problem Gambling](#)
- [HelpGuide.org](#)