

Where to get help

You can also contact the following resources for more information:



RESPONSIBLE GAMBLING COUNCIL

A Quick Guide to Safer Gambling



If you are concerned about your own gambling, or if you are worried about someone you care about, you can get help or just get answers to your questions by calling:

Ontario Problem Gambling Helpline

Call the toll-free helpline 24/7 from anywhere in Ontario. Free, confidential and anonymous.

Call 1.888.230.3505

For more information about safer gambling, or to find out more about local resources for help with gambling related problems, please visit:

> www.responsiblegambling.org

Responsible Gambling Council

The Responsible Gambling Council (RGC) is an independent, non-profit organization committed to problem gambling prevention. RGC designs and delivers highly effective awareness programs. Through the RGC Centre for the Advancement of Best Practices, the Council also promotes the identification and adoption of best practices in problem gambling prevention.



RESPONSIBLE GAMBLING COUNCIL

> www.responsiblegambling.org



Understanding the Game

Many people gamble. They buy lottery tickets, play casino games, bet on sports events or play online poker. Most people who gamble can do so without developing a problem – but some people can't.

High-Risk vs. Low-Risk Gambling

People who gamble in a high-risk way lose the sense that it's only a game. They start to see gambling as a way to make money. Or they think they have special luck or abilities. Often when they lose, they bet more and more to try to win back what's been lost.

People who gamble in a low-risk way naturally follow the principles of safer gambling. They see gambling as a form of entertainment. For them, a small gambling loss is the cost of a night's entertainment—just like the cost of a movie ticket or a restaurant bill.

So, how can you make gambling safer?

For those who choose to gamble, there are some general principles that can help to make gambling safer and reduce the risk of a problem.

Safer Gambling Tips

If you choose to gamble, follow these guidelines to limit the risk of a problem.

- ✓ Set a money limit and stick to it
- ✓ Set time limits and take frequent breaks
- ✓ Don't borrow money to gamble
- ✓ Use money put aside for entertainment, not money for necessities like groceries, rent or bills
- ✓ Balance gambling with other activities
- ✓ Don't try to win back what's been lost
- ✓ Don't think of gambling as a way to make money
- ✓ Limit alcohol consumption when gambling
- ✓ Don't gamble when upset, stressed or depressed

General Signs of a Potential Gambling Problem

Each person's experience is different, but here are some signs of a potential gambling problem. The more boxes you tick, the greater the chance of a problem.

Do you ever...

- Lie about how much time or money you've spent gambling?
- Borrow money or sell things to get money to gamble?
- Skip work, family functions or other obligations to gamble?
- Gamble to escape boredom or problems at home or work?
- Gamble in order to win back losses?
- Need to gamble with larger amounts of money, or for a longer period of time, to get that same feeling of excitement?
- Argue with your spouse, partner or family about money and gambling?
- Hide bills, 'past due notices', winnings or losses from your partner or family member?
- Feel that a 'big win' will solve all of your problems?
- Bet until the last dollar is gone?
- Neglect to sleep or eat properly in order to keep gambling?