



What is Gambling?

A person is gambling whenever he or she takes the chance of losing money or belongings, and when winning or losing is decided mostly by chance.

For some people, gambling may become a serious problem that affects all aspects of their lives. And as gambling becomes more accessible, the number of people affected by problem gambling also increases.



Warning Signs

- Constantly thinking or talking about gambling.
- Spending more time or money on gambling than you can afford.
- Finding it difficult to control, stop, or cut down gambling, or feeling irritable when trying to do so.
- Feeling a sense of emptiness or loss when not gambling.
- Gambling more in order to win back losses or get out of financial trouble.
- Thinking that your gambling will get under control as soon as you have a "Big Win".



I have a feeling
that today is
my lucky day.
I just know
I'm going to win.

FALSE

Hoping, wishing or even needing to win money has absolutely no influence on the outcome of a game of chance.



I almost won;
I must be due
for a win.

FALSE

"Almost" winning in no way means that a real win is around the corner. Future gambling outcomes are in no way influenced by previous outcomes.



The longer I play
a slot machine,
the more likely
I am to win.

FALSE

*Fact: Every play on a slot machine has a random outcome.
Meaning that there is no way to predict the outcome of any play,
no matter how long you play.*



If I keep gambling,
my luck will change
and I'll win back
the money I've lost.

FALSE

*Each time you place a bet, the outcome is completely independent of the previous one.
This means that the odds are no more in your favour on the tenth bet than they were on
the first bet.*



Ways to Safer Gambling

- Set a budget on your time and money.
- Spend time on other things.
- View gambling as entertainment – not a way to make money.
- What is self exclusion? Is it right for me?
- Self-help tool offered by OLG for people who wish to limit or stop their gambling.
- Understand the odds- the "house" always has the edge.



Listen to the Concerns of Others

If others express concern about your gambling, listen to them! They may be seeing something you are not. People who do not have gambling problems do not let their gambling behaviours negatively affect relationships in their personal, social or professional lives.

ONTARIO PROBLEM GAMBLING HELPLINE:

1-888-230-3505

www.opgh.on.ca

The helpline is:

- Open 24 hours per day, "7 days a week"
- Free, confidential and anonymous
- Available across the province

Your local community health centre:

- Open weekdays Monday to Friday
- Offers referrals and counseling

RESPONSIBLE GAMBLING PROGRAM
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Head Office: Oneida of the Thames

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