

Getting Help

If you think you or someone you know has a gambling problem, you can help. Here you will find out how to get help and also find resources you can print so you can understand why you gamble so you can stop, cut down or change your gambling behaviour.

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

Association of Iroquois and Allied Indians
Head Office: Oneida of the Thames

LONDON OFFICE

387 Princess Avenue
London, ON N6B 2A7

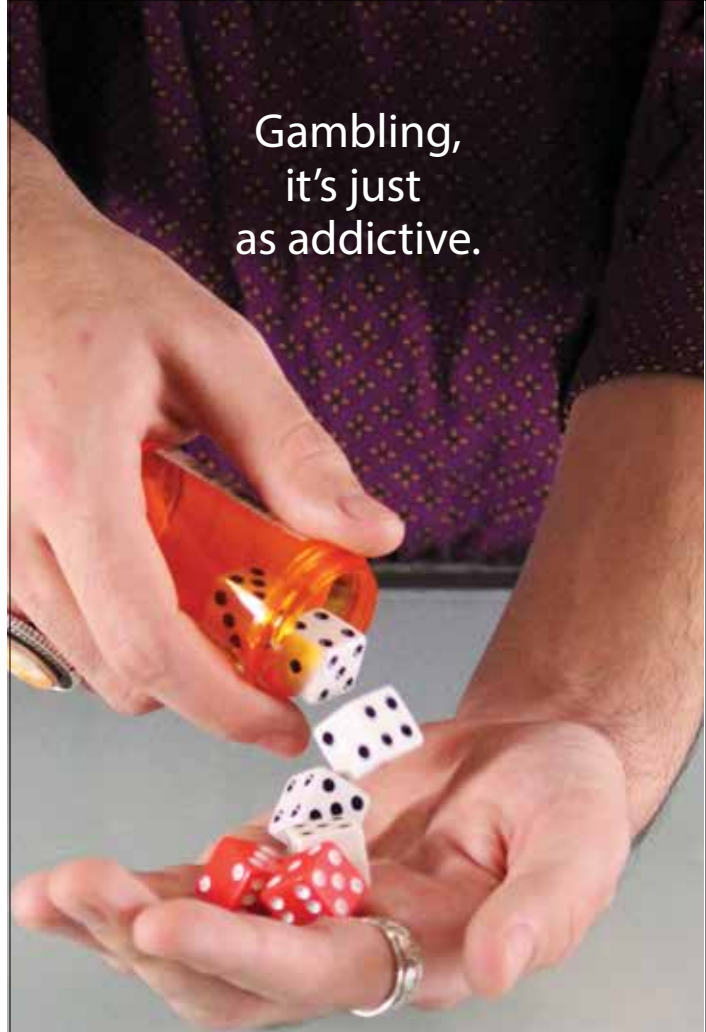
519-434-2761

Fax: 519-675-1053

www.aiai.on.ca



Gambling,
it's just
as addictive.



**Know the Score
Know the Risks**





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

Some of these signs include:

- 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".

Ways to Safer Gambling

- Set a budget on your time and money.
- View gambling as entertainment – not a way to make money.
- Understand the odds- the "house" always has the edge.

Range of Gambling Behaviours



Recreational Gambling

- stays within a budget
- losing is no big deal
- doesn't disrupt life
- often gambles with others
- can take it or leave it

Problem Gambling

- exceeds limits (time and money)
- losing cause financial problems
- affects relationships, work or your mood
- hides the amount of gambling and losses
- constantly thinks about gambling
- borrows money for gambling
- gambles until all money is gone
- feels ashamed about gambling
- desperate: "I deserve a win, I need a win"



Part of a Balanced Lifestyle

See gambling as an enjoyable part of a balanced lifestyle. Have other meaningful activities in your life— not just gambling. Spend time with family and friends. When you feel like gambling, consider another activity, such as going to a movie.

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.

