

Don't hide big problems with small talk

If you need help call **811** for more information or call the Gambling Information Line: **1-800-461-1234**.

Low-Risk Gambling Guide



UNDERSTANDING THE GAME

Every year, people are gambling more and more. They gamble by playing games such as:

- lottery and scratch tickets;
- casino table (poker, Texas Holdem, etc.);
- video lottery terminal (VLT);
- Internet gambling and/or speculative-stock investing;
- sports betting (Proline, horse racing, etc.); and
- Bingo, 50/50 charity, or raffle draws.

While most people who gamble can do so without negative consequences in their lives - some can't. Because they can't stop betting, gambling becomes compulsive. They often lose all their money and relationships with their family and friends are affected.

Low-risk gambling is a way to minimize the risk of losing control when gambling. The key to low-risk gambling is to realize that it's a game and nothing more.

LOW-RISK GAMBLING

Low-risk gamblers understand that, while they may get lucky from time to time, they will lose money over the long run. They know the games are designed to work as such.

Low-risk gamblers look at gambling as a form of entertainment, not as a way to make money. For them, a small gambling loss is the cost of a night's entertainment, just as the cost of a movie ticket or a restaurant bill.

Low-risk gamblers follow these tips:

- set an amount they can afford, and stick to it;
- set and respect a time limit to play;
- balance gambling with other activities;
- gamble for entertainment, never with everyday expense money;
- don't borrow money to gamble; and
- avoid gambling to escape when they are stressed or depressed.

WARNING SIGNS

People who engage in compulsive gambling forget gambling is a game and not a way to make money. They often "chase their losses," betting even more money to win back what they lost. They may start lying to hide their gambling, resulting in a vicious circle of increasing losses and bets.

WHEN GAMBLING BECOMES A PROBLEM

Although what follows is not a diagnostic test and should not be used as such, many people who called the Gambling Information Line answered "yes" to one or more of these questions:

1. Do you waste time at work because of your gambling?
2. Is gambling making your home life unhappy?
3. Is gambling affecting your reputation?
4. Have you ever felt remorse after gambling?

5. Do you ever gamble to make money to pay your debts or to solve financial problems?
6. Does gambling decrease your ambition or efficiency?
7. Do you feel you must quickly come back and win your losses?
8. Do you have a strong urge to come back and win more?
9. Do you often gamble until your last dollar is gone?
10. Have you ever borrowed to finance your gambling?
11. Have you ever sold any real or personal property to finance gambling?
12. Are you reluctant to use "gambling money" for normal expenditures?
13. Does gambling make you careless of the well-being of your family?
14. Do you ever gamble longer than you had planned?
15. Do you ever gamble to escape worry or trouble?
16. Have you ever committed or considered an illegal act to finance gambling?
17. Is gambling causing sleeping problems?
18. Do arguments, setbacks, or frustrations create an urge to gamble?
19. Do you want to celebrate your luck by adding a few hours of gambling?
20. Have you ever considered suicide because of your gambling?

CONTACT US

If you would like more information or are concerned about gambling, make an appointment today. It's free and confidential.

Addiction Services

Bathurst 547-2086	Miramichi 778-6111
Campbellton 789-7055	Moncton 856-2333
Edmundston 735-2092	Saint John 674-4300
Fredericton 453-2132	Tracadie-Sheila 394-3615

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For confidential information, call

1-800-461-1234

www.gnb.ca/health