

Don't hide big problems with small talk

If you need help, call the
Gambling Information Line:
1-800-461-1234.

**Recovery strategies for
gambling related harms.**



Related gambling harms are a great concern to families, individuals, public and mental health providers and people who gamble. If you are struggling with gambling-related problems, the following recovery strategies may be helpful.

TIPS TO PROTECT YOUR MONEY

- Ignoring debt will make the situation worse. Your bank or a credit counselling agency can help.
- Have your income deposited directly into your bank account.
- Only keep one bank account open and avoid incurring debts.
- Keep a small amount of money in your personal account.
- Have a joint bank account, requiring two signatures for withdrawals.
- Budget a specific amount of money to be used for weekly expenses.
- Take the minimum amount of money you need to carry out your day.
- Make it a priority to buy gas as well as pay bills, food and rent first.
- Be transparent with your loved ones about your finances.
- Ask someone you trust to monitor your finances regularly.

- Do a complete credit check to flag credit cards that might have been overlooked or forgotten. If you find any cards, cancel them.
- Self-exclude from banks, pawn shops and fast money lenders.

TIPS TO BUILD YOUR SUPPORT NETWORK

- Join self-help groups.
- Admit that you are struggling with gambling to someone close to you - reach out for help.
- Go to out-patient counselling; consider rehabilitation programs.
- Get private counselling for personal issues.
- Obtain financial counselling, if needed.

TIPS TO AVOID GAMBLING SITES

- Take a different route to avoid triggers.
- Avoid going to gambling sites; if you do go, bring someone with you.
- Ask to be self-excluded from the gambling sites including online.
- Carry the minimum amount of money you need when you go out.
- Have an alternate, safe plan in case you get upset and are tempted to gamble.
- Add a blocking software or app

TIPS TO MANAGE YOUR FREE TIME

- Pinpoint times when you frequently gamble and occupy them with another activity or someone's company.
- Revisit old hobbies or pastimes and explore new ones.
- Exercise, rest, and eat well.
- Stay busy, consider volunteer work.

GAMBLING RECOVERY IDEAS

- Keep a coin with a photo of a loved one attached to it.
- Keep a photo of your partner and children in your wallet or purse.
- Mark your calendar to indicate dates when you have not gambled.
- Call a friend each day to report whether you have gambled.
- Get a pet if an empty home triggers your urge to gamble.
- Identify the amount of money that triggers your desire to play.
- Have a loved one help you manage your finances to save money for a dream trip or purchase to reward yourself for not gambling.
- Pick up your paycheque on Monday instead of Friday.
- Buy gift cards for gas and/or food.

- Ask a friend to keep earned tips for you or have a locked money box for securing your tips.
- Arrange for automatic payments of bills through your bank.
- Pay bills by cheque.
- If you must pay a bill in-person with cash, bring a friend.
- Destroy your credit cards and not banking cards.
- Reduce the daily cash-withdrawal limit of your automatic telling machine (ATM) card, if you decide to keep one.
- Carry only small amounts of cash.
- Identify methods of distraction or mindfulness activities to help reduce triggers.
- Change into your evening clothes after work.
- Ask you friend or family member not to loan you any money.

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For confidential information, call
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www.bridgethegapp.ca/