

HOW TO HELP

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**
at 1-888-230-3505

Confidential, anonymous,
free and open 24 hours.



Ontario Problem Gambling Helpline
La Ligne ontarienne d'aide sur le jeu problématique

For more information
on low-risk gambling, visit the
Responsible Gambling Council
website at
www.responsiblegambling.org

And remember, "it's only a game."



The Responsible Gambling Council Focused Firmly on Prevention

Through research the Responsible Gambling Council seeks to better understand the nature of problem gambling and ways to reduce the risks. Through information the Council makes sure that knowledge about problems and prevention gets in the right hands. Through a wide range of awareness programs the RGC helps those who gamble to understand the risks and how to avoid them as well as offers sources of help for those who lose control of their gambling.



It's
only
a Game

**A QUICK GUIDE
TO LOW-RISK
GAMBLING**



UNDERSTANDING THE GAME

More and more people are gambling every year. They play casino games, go to the track, buy lottery tickets, bet on sports events, try their luck at bingo, or play some other game of chance. While most gambling doesn't hurt anyone, some people do become "hooked" on gambling, just as some people become "hooked" on alcohol. Because they can't stop betting, these problem gamblers often lose all their money, and ruin their relationships with friends and family.

Low-risk gambling is a way of playing with very little chance of losing control. The key to low-risk gambling is to realize that "it's only a game."



TIPS FOR LOW-RISK GAMBLING

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

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 like the cost of a movie ticket or a restaurant bill.

Low-risk gamblers follow these tips:

- decide on a loss limit ahead of time and stick to it
- never borrow money to gamble
- set a time limit
- take frequent breaks
- balance gambling with other activities
- only gamble with money set aside for entertainment, never with money for everyday expenses
- don't gamble when highly stressed, depressed or troubled in some other way

SIGNS OF TROUBLE

Problem gamblers lose the sense that it's only a game. They may begin to look at gambling as a way to make money. They often think that they have special luck or abilities. When they lose money, they tend to "chase their losses," betting even more to win back money that has been lost. The result is a vicious circle of increasing losses and increasing bets.

These are some signs of problem gambling:

- spending increasing periods of time gambling
- being preoccupied with gambling
- spending increasing amounts of money
- "chasing losses"
- borrowing money to gamble
- increasing debt because of gambling
- engaging in fraud or theft to finance gambling
- lying to cover up gambling
- neglecting work, family or friends
- gambling to escape from obligations or life's daily pressures