

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:



This helpline is a free and confidential service in Ontario, Canada and is available 24/7 with service in 170 languages.

1.866.531.2600

[connexontario.ca](http://connexontario.ca)

For more information on low-risk gambling, visit the Responsible Gambling Council website at: [www.ResponsibleGambling.org](http://www.ResponsibleGambling.org)



**YOU CAN ALSO CONTACT THE FOLLOWING RESOURCES FOR MORE INFORMATION:**

Thanks to D. Boissoneau, Garden River Wellness Centre; M. Drake CGC, Ontario Metis Aboriginal Association; A. Lemay, Sault Area Hospital Addictions Treatment Clinic.

Printed in association with the Responsible Gambling Council.

**Responsible Gambling Council (RGC)**  
All in for Safer Gambling

RGC is an independent non-profit organization dedicated to the prevention of problem gambling in Canada and around the world for over 35 years. We believe that gambling should never come at a human cost. By ensuring the right safeguards are in place, we influence positive change and advance responsible gambling standards.

[www.ResponsibleGambling.org](http://www.ResponsibleGambling.org)



# A Quick Guide to Safer Gambling



## UNDERSTANDING THE GAME

Many people gamble – and with technology has come increased accessibility through apps, online sites, and social media platforms. Online or off, we buy lottery tickets, play casino games, bet on sports, or play poker or slots. Most people who gamble can do so without developing a problem – but some can't. Understanding the potential risks and how to avoid them is the first step to making informed decisions about your play.

### High-Risk vs. Low-Risk Gambling

People who gamble in a high-risk way lose the sense that it's only a game. They start to view gambling as a way to make money or may think they have special luck or abilities. Often when they lose, they bet more and more to try to win back what's been lost.

Those who gamble in a low-risk way typically think of gambling as just one form of entertainment. They factor gambling into their household budget by setting spending limits and sticking to them. For them, a small gambling loss is the cost of a night's entertainment – just like the cost of a movie ticket or restaurant bill. They don't think of gambling as a way to earn money nor do they expect to win back money they've lost.

## AVOIDING THE RISKS:

- **Maintain values** of the Seven Grandfather teachings: love, honesty, respect, bravery, humility, truth, and wisdom
- **Don't gamble to escape** from problems – find alternatives to gambling in your community
- **Determine how much you can afford** to gamble and stick to this money limit
- **Never borrow money to gamble**
- **Make sure your children are safe** and well cared for (Protection & Nourishment)
- **Plan family events** that don't involve gambling
- **Don't use gambling as a reward** or as a rite of passage e.g. going to bingo to celebrate an 18th birthday
- **Look for support within your community:**
  - *Speak to elders*
  - *Talk to a spiritual advisor*
  - *Consider attending a talking circle*
  - *Contact your community's Wellness Centre*

## SIGNS OF TROUBLE?

Those experiencing gambling problems 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 they have special luck or abilities. When they lose, they tend to "chase their losses", betting even more to win back money that's been lost. The result is a vicious circle of increasing losses and increasing bets.

- Are you leaving your children alone or with community members for long periods of time, in order to gamble?
- Are you gambling family money needed for rent/mortgage, groceries, clothes, or heat?
- Do you feel you have to gamble to spend time with the people you care about?
- Are you ignoring family or community responsibilities to gamble?
- When you are with your family, at work or at social events, are you constantly thinking about your next bet?
- Do you look at gambling as a way to make money?

**If you answered yes to any of the above questions, there is help available – please see next page.**

