

Don't hide big problems with small talk

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

Low-Risk Gambling Guide



UNDERSTANDING THE GAME

Every year there is an increase in the number of people participating in different forms of gambling, such as:

- lottery and scratch tickets;
- casino table (poker, Texas Holdem, etc.);
- video lottery terminal (VLT);
- Internet gambling and/or stock markets;
- 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 - some can't. For some, gambling becomes compulsive. Often they lose all of their money and their relationships suffer.

Low-risk gambling may 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.

ALL FORMS OF GAMBLING CARRY RISKS. PLAYERS CAN FOLLOW THESE TIPS FOR LOW-RISK GAMBLING.

- Keep in mind that while you may get lucky from time to time, you will lose money in the long run. Games are designed to work that way.
- Look at gambling as a form of entertainment, not as a way to make money. Consider a small gambling loss as the cost of a night's entertainment, just like a movie ticket or a restaurant bill.
- set an amount you 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 you are stressed or depressed.

WARNING SIGNS

- Lying to hide gambling results in hiding or minimizing your losses to people you love.
- Chasing your losses results in betting even more money to win back what you lost.
- If your gambling is causing you to feel distress or you have thoughts of self harm or suicide, seek immediate help.

WHAT IF GAMBLING BECOMES A PROBLEM

If you say "yes" to one or both questions, you should reach out to your Addiction Services. It's free and confidential.

1. Have you ever had to lie to people important to you about how much you gambled?
2. Have you ever felt the need to bet more and more money?

Johnson, E.E., Hammer, R., Nora, R.M., Tan, B., Eistenstein, N., & Englehart, C. (1988). The lie/bet questionnaire for screening pathological gamblers. *Psychological Reports*, 80, 83-88.

ADDICTION SERVICES

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

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For confidential information, call

1-800-461-1234
www.bridgethegap.ca