

GAMBLING...

Gambling is risking something of value when there are odds of winning or losing. For most people, gambling is something done occasionally for recreation. However, for 3% to 5% of the population, it becomes a problem.

WHAT IS PROBLEM GAMBLING?

Gambling becomes a problem when it causes difficulties in important parts of a person's life. Problem gambling hurts relationships with family and friends, employment, financial stability, well being and health.

TYPES OF GAMBLING:

- Casino
- Playing cards for money
- Betting on sports, pool
- Lottery tickets
- Stocks and day trading
- Bingo (Tambola)
- Pyramids
- Slot Machines

Free and Confidential Services Available in Punjabi and English

(Services available for the Punjabi, Hindi and Urdu speaking Communities.)

- Individual, couple or family counselling for people with a gambling problem
- Counselling for family members with or without the gamblers
- Telephone Counselling
- Referrals to credit counselling, self help, and other mental health services etc
- Awareness and prevention information for community and professional groups

For confidential, free, 24 hour, support, information and referral to other problem gambling treatment resources in Ontario call:
Ontario Problem Gambling Helpline.
Toll Free: 1-888-230-3505

Does Your Loved One Have a Gambling Problem?

Are they:

- Neglecting family and work responsibilities
- Increasing alcohol or other drug use
- Lying
- Secretive about finances
- Argumentative
- Irritable, restless or unable to concentrate
- Anxious and/or depressed
- Promising to stop and then gambling again
- Increasing time and money spent on gambling
- Disinterested in other social activities
- Preoccupied with gambling
- Convinced past losses can be won back
- Disappearing for long periods of time
- Feelings of guilt and/or desperation
- Suicidal
- Committing illegal acts (forgery, fraud, embezzlement) to get money for gambling

Gambling ...What are the odds you are at risk?

In the past year have you:

- Gambled more than you intended
- Borrowed money for betting and not repaid it
- Felt badly about the amount you bet
- Felt you had to continue gambling until you won
- Spent a lot of time thinking about winning and/or playing
- Returned to gamble to win back your losses
- Had arguments about money centered around gambling
- Convinced yourself a *big win* is just around the corner
- Claimed to be winning money but really weren't

If you answered “no” to all of the above, your gambling is probably low risk and enjoyable.

If you answered “yes” to one or more, you may be at risk for developing a gambling problem

For more information and to make an appointment, please call us at:

Tel (905) 301-2978
Fax (905) 840-2004
e-mail:
bmutta@rogers.com

Location:
11730 Airport Road
Brampton, Ontario, L6T 3S1
(near Airport/Mayfield)

This program is a collaboration with the Problem Gambling Service, Centre for Addiction and Mental Health and the Problem Gambling Program, COSTI Immigrant Services with funding from the Ministry of Health and Long Term Care



Gambling...

When does it become a problem?

Problem Gambling Program

CONFIDENTIAL AND FREE SERVICES