

Risk Factors

There are certain risk factors that increase the chances that gambling may cause problems, including:

- Family history of alcohol, drug, gambling or overspending problems
- Financial problems
- Having a big win early on
- Stressful life events
- Loneliness, depression and anxiety
- Easily bored
- Poor understanding of gambling outcomes
- Poor social support
- Belief that persistence in gambling pays off
- Sometimes, one or a combination of these risk factors can move gambling from a fun form of entertainment to a behaviour with negative consequences. If you are concerned about any of these risk factors in your own life, visit www.nsgc.ca to find out more, or call the Problem Gambling Helpline.

Fun vs. Frustration

Some people gamble on the weekly lotteries; others participate in the occasional poker tournament. While most people gamble for fun and excitement—as well as the potential of winning—a few become overly involved to the point that gambling is no longer an enjoyable activity. If you feel that gambling is taking time and pleasure away from the rest of your life, call the Problem Gambling Helpline at 1-888-347-8888.

For more information,
please visit

www.nsgc.ca



Where friends play!

www.casinonovascotia.com



www.alc.ca

Nova Scotia Department of Health Promotion
and Protection Problem Gambling Helpline
1-888-347-8888, or 1-888-347-3331 (TTY)

Staying on Track

Tips for gambling
responsibly

*If you gamble, think
about gambling as
another form of
entertainment.*



RESPONSIBLE GAMBLING
It's your best bet

There are many ways to keep gambling entertaining. It starts with knowledge. Taking an informed approach to gambling before, during and after you play is your best bet for enjoying games of chance without spending more time and money than you can afford.

Gambling always involves risk; if you play for money, you risk losing it.



RESPONSIBLE GAMBLING
It's your best bet



1. Before you gamble...

- Ask yourself why you are gambling? Is it for entertainment, or is it to win money?
- Remember that gambling is like many other forms of entertainment; it comes with a cost – it is NOT a way to make money.
- Take time to understand the game(s) you will be playing and most importantly the cost associated with playing them.
- Set a time limit and stick to it.
- Set a spending limit – know how much you have in your budget to spend on gambling.
- Do not use your credit and debit cards to access cash beyond your pre-determined spending limit.
- Do not borrow money to gamble.

2. When you are gambling...

- Resist the urge to chase lost money. Continuing to gamble to win back lost money will likely create more losses.
- Take breaks regularly. Manage your time wisely. Grab something to eat or go for a walk.
- Separate some or all of your winnings from money you've budgeted to spend.
- Keep your emotions in check. Know that losing is part of gambling. If this causes frustration or anger, then you need to re-examine your entertainment choices.
- Review your time and spending limits. Did you stick to your guidelines and play within your limits? If not, examine why and consider changes that you will make next time.
- Think about what motivated you to gamble and how you feel now. If you don't like that feeling, then you need to make some changes – like taking a break, or playing for a shorter time or spending less money.

3. After you gamble...