

# Gambling Fact Sheet

## What is Gambling?

Gambling is when you risk something of value on an event or outcome that is uncertain.

This includes but not limited to bingo, lotteries, scratch tickets, and sports events such as horse racing, hockey/football pools, and pool. It can also include minor gambling such as raffles.

## When is gambling a problem?

When it starts to affect other aspects of your life. This includes relationships with family & friends; physical, social & mental health; employment & finances.

## Warning signs that a person may have a gambling problem.

- ✂ Gambling for longer periods of time
- ✂ Inability to concentrate due to thoughts of gambling
- ✂ Unexplained absences from home or work
- ✂ Gambling to escape from daily pressures
- ✂ Neglecting family/personal needs
- ✂ Restlessness or irritability when attempting to stop gambling
- ✂ Family or friends complaining about the gambling
- ✂ Pawning personal property or borrowing money to finance gambling
- ✂ Seeking more opportunities to gamble

## How can I gamble without going overboard?

- ✂ Gamble for entertainment not to make money.
- ✂ Balance gambling with other social activities
- ✂ Set a budget and stick to it
- ✂ Don't borrow \$ to gamble
- ✂ Set a time limit of how long you will gamble
- ✂ Take frequent breaks

## Why do people gamble?

There are many individual reasons why people gamble and continue even after it is a problem. Some examples:

- ✂ Boredom
- ✂ Unhappiness
- ✂ Loneliness
- ✂ Loss or grief
- ✂ Income (make a quick buck)
- ✂ More socially acceptable than drinking
- ✂ Substituting one addiction for another
- ✂ Excitement/Rush

## Where can I go if I have a problem with gambling?

- **Family - Friends - Elders**
- **Community Mental Health Worker**
- **Ontario Problem Gambling Helpline**  
**1-888-230-3505**



**For more information or for workshops, contact:**  
**Gambling Addictions Awareness Initiative**  
**Program Coordinator, 807-467-8144**

Information obtained from the "Gambling Addiction is not part of my heritage" Awareness kit - OFIFC