

KEEP GAMBLING FUN



Find resources, tools and support at
GameSense Info Centres.

GameSense

bclc

THE MORE YOU KNOW

When you're gambling for fun and entertainment, you have control over your time, money and energy. Your attitude is positive. You would like to win, but financial gain isn't your only reason for gambling. You're using your entertainment budget, so when you lose you know it's the cost of playing games of chance.

GAMBLING NOT FUN?

If gambling is no longer a fun, affordable activity for you or someone close to you, it's time to take a closer look.

Problem gambling can affect all areas of a person's life.

FINDING SUPPORT

Whether you, or a loved one, is experiencing just a few of the warning signs, or all of them, help and additional resources are available. For more information:

- Visit a GameSense Info Centre in casinos and community centres across B.C. Centres are staffed with GameSense Advisors who can help you access a variety of community resources.
- Contact the BC Responsible and Problem Gambling Program by calling the BC Gam Info Line at 1-888-795-6111 or visit bcresponsiblegambling.ca.

KNOW THE WARNING SIGNS

The signs below may indicate a problem. The more signs a person shows, the greater the likelihood that he or she may have lost control of their gambling.

- **Gambling for longer and longer periods of time**
- **Lying about how much or how often they gamble**
- **Often missing work or school to gamble**
- **Neglecting personal or family needs and responsibilities to gamble**
- **Using gambling as an escape**
- **Betting more money than they can afford**
- **Using money intended for other things (rent, car payment, etc.) to gamble, resulting in growing debt**
- **Gambling more to win back lost money**
- **Thinking gambling will finally be under control once the “big win” happens**
- **Feels anxious or guilty about gambling**





TEST YOUR KNOWLEDGE

Last night he told his spouse he was working late; he was really at the casino.

Lying about the extent of gambling activity and involvement is a sign of a problem.

She's been absent from work a lot and she's having a hard time keeping up with her workload.

Problem gamblers are often absent from school, work or important social activities because they're gambling.

He missed his son's birthday party. He couldn't leave the slot machine he was playing.

Those with gambling problems often neglect family or personal needs and responsibilities to keep gambling.

She gambles more and more for relief from the increasing pressures at work and home.

When gambling becomes an escape from job and family responsibilities, it's a problem.

He missed a mortgage payment after he used that money for blackjack.

Spending more money than you can afford, using money intended for other purposes, and growing debt resulting from gambling are signs of a problem.