

Responsible Gambling Tips:

If gambling is one of your entertainment choices, practicing the following can help you keep it a safe and fun choice. It is always about balancing gambling with the rest of your life.

- Ensure gambling is only one of your entertainment choices. Balance it with other leisure/fun activities
- Set limits on what you are willing to lose and how long you will play.
- Know how the games work. Remember the chances of losing are always greater than the chances of winning because the odds are set in the houses favour. Understand you are "paying to play".
- Never borrow money to gamble or use gambling to supplement your income.
- Don't use gambling as an escape from grief or problems. losing money adds to stress.
- Avoid mixing alcohol or other drugs with gambling.
- Take breaks during your play. Go for a coffee, eat, make a call. leave the gambling atmosphere.
- Do not gamble alone. Gamble with friends or family who set limits.
- Accept loss as part of the game. HOPE TO WIN — EXPECT TO LOSE.

Balance Video

BALANCE - Problem Gambling Awareness for Aboriginal Communities Across BC is a video produced and filmed in BC. The video explores how gambling can affect individuals and families. Information on how to order copies of the video can be found on the Problem Gambling Program website at:

www.bcreponsiblegambling.ca

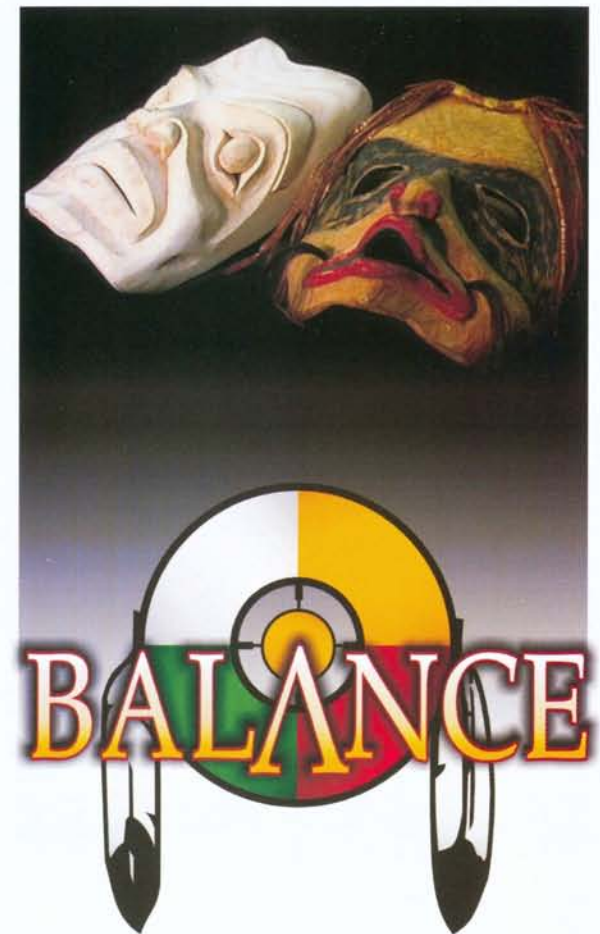
Help is available

Sometimes making healthy choices can be difficult. There is information and help available to you.

**Problem Gambling
Help Line
1-888-795-6111**



Ministry of Public Safety and Solicitor General

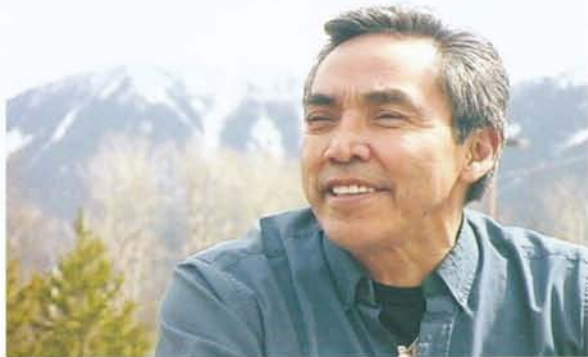


Problem Gambling Awareness

for
Aboriginal Communities
Across BC

Gambling has always been a part of the First Nation's lifestyle

"I am told that whenever anything is abused or misused then you're out of balance..."



"Traditional gambling games are expressions of our proud history and culture. They are games of skill, trickery and competition that helped to build a strong sense of family and community unity."

Ray Harris
Wilp Si'Satxw Community Healing Centre

Today, our people still gamble, but it's a very different game

No singing, no drumming, no laughter.



There is very little skill required for most of today's gambling games.

For many people, gambling every now and then is healthy and normal, but for others, gambling can begin to take over and affect their daily lives.

Do I have a problem with my gambling?

Have you ever:

- Felt the need to cut down on your gambling?
- Felt annoyed about others criticizing your gambling?
- Felt guilty about or hidden how much you gambled or lost?
- Borrowed money to gamble?
- Gambled more than you intended?
- Used the excuse, "Gambling is part of our culture" to justify your play?

A "Yes" response to any of these questions can indicate that gambling is starting to affect your life in negative ways. You may wish to do a further assessment with a qualified counsellor. Call the Problem Gambling Help Line: 1-888-795-6111 and they will assist you. All services are FREE and funded by the BC Ministry of Public Safety and Solicitor General.

There is hope

Yet there is a message of hope. With increased awareness of the risks and a return to traditional practices and values, problem gambling can be controlled.

