

Gambling  
very differ

Cultural Di  
and Gamb

Signs of problem gambling

## When gambling becomes too risky

Problem gambling –  
the issues and options

[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

Know your limit, play within it.

ng too risky?

fun to people around  
on to gamble is a

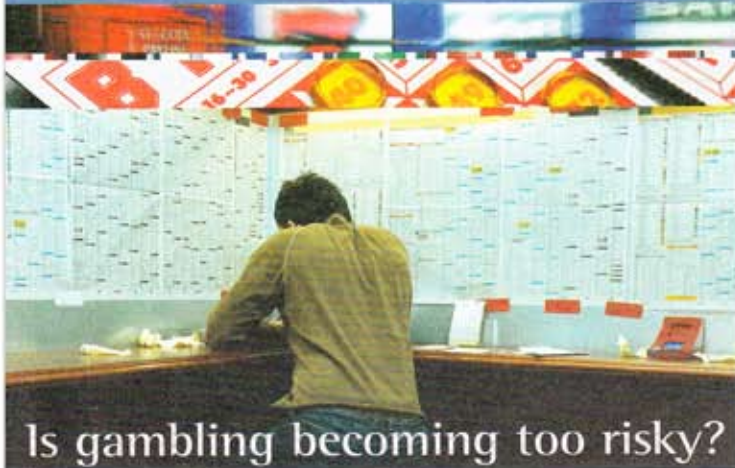
without a second  
blem. There are  
is a problem

han

oling.ca

3.co

## Signs of problem gambling



### Is gambling becoming too risky?

Gambling has provided entertainment and fun to people around the world for thousands of years. The decision to gamble is a personal choice.

Some people can gamble for fun and walk away without a second thought, but for others gambling can become a problem. There are signs that may help you recognize whether gambling is a problem in your life, or for someone you care about:

- Constantly thinking or talking about gambling
- Spending more time or more money on gambling than you intended
- Feeling out of control or unable to cut down or stop
- Unable to resist the urge to gamble
- Gambling more often than intended
- Gambling in the hope that you can get out of debt

[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

- Lying about the time or money spent gambling or about wins and losses
- Increasing the amount you bet to try to win back money
- Often gambling until your last dollar is gone
- Making repeated trips to the bank machine to get more money to gamble
- Having unrealistic expectations about gambling
- Feeling defensive or guilty when asked about gambling
- Borrowing or stealing money to gamble
- Increased debt caused by gambling
- Skipping school or work to gamble
- Neglecting or arguing with family and friends because of gambling
- Wanting to find a way out of excessive gambling
- Denying there is a problem even when gambling is out of control
- Drinking increasing amounts of alcohol
- Gambling to escape other problems

Anyone can develop problems related to gambling; often a person does not see it coming. The issues related to excessive gambling can overwhelm a person in a very short time. If gambling is negatively affecting you or someone you know, you are not alone. There is free confidential help available from trained professionals who won't judge you, and who understand the problems you are experiencing. They can help you work out ways to reduce the problems associated with gambling.

*To talk to someone confidentially about problems with gambling, call 1-888-795-6111. It's free.*

For more information, check out  
[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)



Ministry of  
Public Safety  
and Solicitor General

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

Know your limit, play within it.



Know your limit, play within it.

QP4500173863

## Gambling – what part does your culture play?

## Cultural Diversity and Gambling

### Signs of problem gambling, cont'd.

-  Having unrealistic expectations about gambling
-  Feeling defensive or guilty when asked about gambling
-  Borrowing or stealing money to gamble
-  Increased debt caused by gambling
-  Skipping school or work to gamble
-  Neglecting or arguing with family and friends because of gambling
-  Wanting to find a way out of excessive gambling
-  Denying there is a problem even when gambling is out of control
-  Drinking increasing amounts of alcohol
-  Gambling to escape other problems

Remember, there is help and it's free.

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

For more information, check out  
[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)



Ministry of  
Public Safety  
and Solicitor General



## Gambling – what part does your culture play?

Canada is a diverse and multicultural nation. Some cultural groups have a long history of gambling as an activity enjoyed by a wide segment of the population. For other cultural groups, gambling has never been part of their traditions. No matter what your cultural traditions are, in Canada gambling is available almost everywhere.

[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

Know your limit, play within it.

Know your limit, play within it.

## Gambling – what part does your culture play?

Some people can gamble for fun and walk away without a second thought, but for others gambling can become a problem. But seeking professional help for problems like gambling may not be comfortable or acceptable for some cultural groups. Whatever cultural or spiritual background you come from, if gambling is a problem in your life, here are some important questions to consider:

Has my cultural background played a role in my gambling behaviour?










Can my cultural background support me in moving away from gambling excessively?

Is there an elder or spiritual leader in my community whom I can turn to for help?

What important lessons can I learn from my culture to help me reduce my gambling?

Anyone can develop problems related to gambling; often a person does not see it coming. Issues related to excessive gambling can overwhelm a person in a very short time. For some cultures, turning to your own community for help may be awkward and may not be the best way to get the information you need to start to turn your gambling problems around. If you feel overwhelmed by problems caused by gambling, there is confidential help available to you at no cost. You can connect with trained professionals, who themselves come from diverse cultures, who won't judge you, who understand the problems you are experiencing, and who can help you work out ways to reduce the problems associated with gambling. To talk to someone confidentially about problems with gambling, call 1-888-795-6111.

**These are some signs that may help you recognize if gambling is a problem in your life, or for someone you care about.**

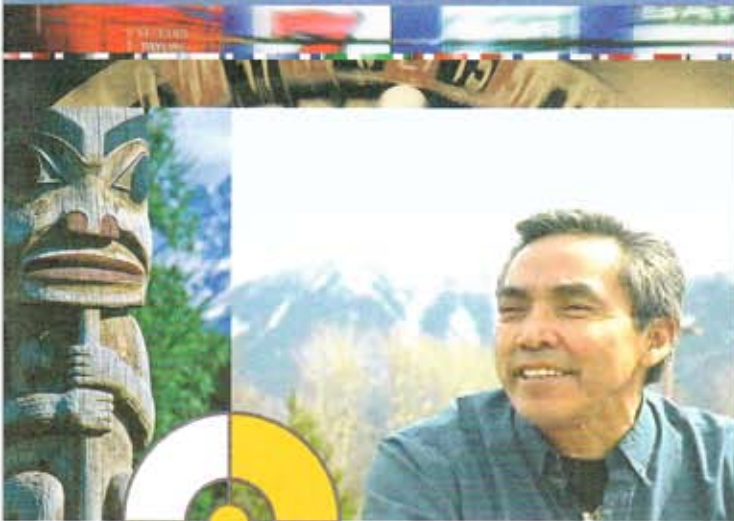
-  Constantly thinking or talking about gambling
-  Spending more time or more money on gambling than you intended
-  Feeling out of control and unable to cut down or stop
-  Unable to resist the urge to gamble
-  Gambling more often than intended
-  Gambling in the hope that you can get out of debt
-  Lying about the time or money spent gambling or about wins and losses
-  Increasing the amount you bet to try to win back money
-  Often gambling until your last dollar is gone
-  Making repeated trips to the bank machine to get more money to gamble

[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

Know your limit, play within it.

# Gambling - today, it's a very different game

# Gambling has always been a part of the First Nations' lifestyle



"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 (Wiip Si'Satxw Community Healing Centre)

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

- Ray Harris (Wiip Si'Satxw Community Healing Centre)

## BALANCE



For some people, gambling every now and then is not an issue, but for others gambling can begin to take over and affect their daily lives.



Know your limit, play within it.

Know your limit, play within it.

[www.bcresponsiblegambling.ca](http://www.bcresponsiblegambling.ca)

Here are some signs that gambling is affecting your life in a negative way:











You can get help with gambling problems and bring balance back into your life:

- Constantly thinking or talking about gambling
- Spending more time or more money on gambling than you intended
- Feeling out of control or unable to cut down or stop
- Unable to resist the urge to gamble
- Gambling more often than intended
- Gambling in the hope that you can get out of debt
- Lying about the time or money spent gambling or about wins and losses
- Increasing the amount you bet to try to win back money
- Often gambling until your last dollar is gone
- Making repeated trips to the bank machine to get more money to gamble
- Having unrealistic expectations about gambling
- Feeling defensive or guilty when asked about gambling
- Borrowing or stealing money to gamble
- Increased debt caused by gambling
- Skipping school or work to gamble
- Neglecting or arguing with family and friends because of gambling
- Wanting to find a way out of excessive gambling
- Denying there is a problem even when gambling is out of control
- Drinking increasing amounts of alcohol
- Gambling to escape other problems
- Getting help is as simple as a phone call.
- Help is free for anyone affected by gambling problems – for the person who is gambling excessively and for their family or friends.
- The process is confidential – no one will ever know you are seeking help unless you tell them.
- You can talk to a trained professional in person on the phone, during the day, in the evening or on weekends – whatever works best for you.
- When you call 1-888-795-6111, the operator will either take your name and contact information or (if you prefer) will give you the name and phone number of a trained professional in your area.
- At your request, a trained professional will contact you within 24 hours of your call. These professionals understand how gambling works, why it is so appealing to some people, and the negative effects that can result when gambling gets out of control.
- No one will judge you. You are not alone – gambling problems can and do happen to all kinds of people.
- With help, you can design the action plan that will work best for you to address your problems constructively. This may include help with legal, financial, employment, relationship and family issues.

[www.bcreponsiblegambling.co](http://www.bcreponsiblegambling.co)

With increased awareness of the risks and a return to traditional practices and values, problem gambling can be controlled. To reduce the risks associated with gambling, remember:

## Help is available for Aboriginal Communities across B.C.

-  You pay to play – so just like dinner and a movie, gambling entertainment has a price. Set your budget before you gamble – take only the cash you can afford to lose and leave the plastic at home.
-  The longer you play, the more you pay. When your money is spent, gambling longer won't help you get it back.
-  Gambling should never be seen as a way to make money. Hope to win but be prepared to lose.
-  The odds are never in your favour. The "house" always has the advantage, and there is no system that allows you to gain the edge.
-  If you are lucky enough to win, pocket the money – putting it back into the game is a losing proposition.
-  Gambling won't solve your problems, but it can make them worse – you will never get back time that you spend away from your family and friends.
-  Plan how long you will play before you go and take breaks often.
-  Balance gambling with other kinds of leisure activities.
-  Making poor choices around gambling may happen more often if you are feeling lonely, angry, depressed, or stressed.
-  Using alcohol or other drugs when you gamble can interfere with your ability to control your gambling.

To talk to someone confidentially about problems with gambling, call 1-888-795-6111. It's free.

### Balance Video

*Balance – Problem Gambling Awareness for Aboriginal Communities Across B.C.* is a video produced and filmed in B.C. The video explores how gambling can affect individuals and families. Information on how to order copies of the video can be found at [www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca).

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

For more information, check out  
[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)



Ministry of  
Public Safety  
and Solicitor General

OP4500173863

[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

Know your limit, play within it.