

# Responsible and Problem Gambling Information

## Responsible Gambling Tips

- Only use money you can afford to lose
- Maintain a balance with other leisure activities
- Remember, the odds always favour the house
- Set a time limit and stick to it

## Signs of Problem Gambling

- Constantly thinking or talking about gambling
- Gambling until your last dollar is gone, spending more than intended, or borrowing money to gamble
- Lying about wins, losses, or time spent gambling
- Feeling defensive, guilty, or arguing when asked about gambling
- Gambling to escape other problems
- Skipping school, work, or time with friends and family to gamble

## BC Responsible Gambling Strategy

### Services Include:

**Counseling:** Individual, couples, family, day treatment, and group counselling available

**Education:** Presentations, workshops, and training for all age groups

All services are free and confidential. Multilingual services available.

For more information, check out  
[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)  
or call **1-888-795-6111 (24 hrs)**

**Know your limit, play within it.**



# Balance



## The difference between traditional games and gambling:

**Traditional Games:** Games establish connections and relationships between tribes and families.

**Gambling:** Gambling is usually an individual activity and is age restricted.

**Traditional Games:** Games play a role in ceremonies and celebrations.

**Gambling:** Games are still used in ceremonies and celebrations; however when money is wagered, we risk losing the value and meaning of the ceremony or celebration.

**Traditional Games:** Games teach skills of concentration and memory and develop physical stamina and ability.

**Gambling:** Most forms of gambling today do not involve skill and none develop physical stamina.

**Traditional Games:** Games play with the concept of the trickster and promote laughter and lightheartedness.

**Gambling:** Because of the risk of losing money or other valuables, there is very little laughter or lightheartedness associated with gambling.

**Traditional Games:** Games develop character, honour and integrity.

**Gambling:** Gambling is risking money (or other valuables) on an activity of chance where money may be won or lost. It takes time and money, not integrity.

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