

*Straight Facts...
About Gambling*

How do you score on the Player Quiz?



Are you at risk?



Player Quiz

Take this quiz now to see how your gambling scores on the risk scale.

For each statement, indicate whether this is "true" or "false" for you. Be honest. The only person you will be fooling is yourself.

	TRUE	FALSE
I consider myself to be a serious gambler	<input type="checkbox"/>	<input type="checkbox"/>
I often spend more time gambling than I intend to	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes spend money on gambling that was meant for some other purpose	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes gamble in the hope of paying off my debts or bills	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes feel guilty about how much time I spend gambling.	<input type="checkbox"/>	<input type="checkbox"/>
I have friends or family who worry or complain about my gambling.	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes feel guilty about the amount of money I spend gambling.	<input type="checkbox"/>	<input type="checkbox"/>
My gambling has put a strain on my relationships at home	<input type="checkbox"/>	<input type="checkbox"/>
I have lied about my gambling	<input type="checkbox"/>	<input type="checkbox"/>

Turn the page to see how you score.

Your Score

What is your risk?

Give yourself one point for every time you answered "True" and add up your points. If your score is greater than zero, you are at some level of risk for developing a gambling problem.

0 Low Risk

At this time you are at low risk for having a gambling problem. But your risk can change quickly depending on what else is happening in your life, what type of gambling you are involved in, and how often you gamble. Get the facts so that you can stay problem free and keep your gambling on track.

1-2 Moderate Risk

Your gambling has become risky. Now is the time to take action. Learn more about how games of chance work then learn how to change or avoid habits that could lead to problems. Don't wait until you have a problem.

3-4 High Risk

Gambling is having a negative effect on you. Find out how to control your gambling before it controls you. Information, self-help materials, referrals, and immediate help are available by calling the number below.

5+ Danger

Gambling is having a seriously negative effect on your life at many levels. Whether you are ready to stop gambling or not, help is available. Remember – you are not alone. Lots of people have gambling problems.



If the cost of gambling is getting too high for you or someone you care about, don't wait.

Call the number below any time, 24 hours a day, 7 days a week, toll free. Talk to a counsellor. Find out more about gambling problems. Your call will be kept private.

1-888-347-8888

Getting Help Costs Nothing

What is the Risk in Gambling?

In Nova Scotia, gambling and games of chance are supposed to be designed for entertainment and amusement only. Every form of entertainment has a cost, whether it's the price of a movie, dinner out, or tickets to a sporting event. Gambling has a cost too. The longer and more often you gamble, the higher the cost. You may win on a rare occasion, but gambling always takes away more money than it pays out. That is how gambling operators make their profits. If every player won money all the time, there would be no profit and the operators would not stay in business.



Games of chance, such as VLTs, slot machines, and lottery tickets do not rely on skill. It's not like chess. No matter what you do, you cannot improve your odds of winning. The odds are always in the house's favour, not yours. There are no special tricks you can use to influence or predict what happens. The results are random and are the same for everyone, on every play.

Even people who gamble only once in a while will sometimes lose more money and time than they meant to. The more often you gamble, the greater the chance the same thing will happen to you. Especially if you gamble on the types of games that you can play for long periods without a break, such as VLTs, sports betting, instant or daily lottery tickets, or slot machines in casinos. Almost half of the people who play VLTs each month are at risk for developing a gambling problem, and those who do will lose \$1,200 a month on the machines.

If you are one of these people, you are not alone.

People who gamble in Nova Scotia come from all walks of life. Anyone can have gambling problems, and for some people, the risk is even higher.

Everyone needs to know the facts about gambling.

High-Risk Gambling Signs

Watch for these warning signs when you gamble.

When you gamble, do you ever....

- gamble more often or for longer periods of time than you used to?
- increase the size of your bets?
- use a strategy or trick you believe will improve your chances of winning?
- believe your odds of winning improve after you have had a run of losses?
- try to win back your losses?
- go into debt to gamble, or use your bank card or credit card at the gambling location, to get more money to keep going?
- gamble to try to pay off debts or bills?
- hold out for a “Big Win?”
- talk about winnings, and hide your losses?
- break promises to cut back or stop gambling?
- refuse to explain your behaviour, or where you have been?
- lie about the fact that you’ve been gambling?
- miss or neglect family events, work, or other responsibilities because you are gambling?
- think about ways to get money to gamble?
- gamble with savings or money meant for important things, such as the rent, bills, food, etc?



If you say “yes” to any of the questions on the previous page, you may have a gambling problem.

Check the Tips for Low-Risk Gambling on the next page for ways to change how you gamble. It may help reduce your risk of developing a gambling problem.

Tips for Low-Risk Gambling

If you are spending more time or money gambling than you think you should, these tips may help you get your gambling back under control:

- Set a personal limit for your gambling. Base it on how much money you can afford to lose for this type of entertainment.
- Set a budget every time you gamble. When you reach this limit always stop.
- Never borrow or lend money to gamble.
- Bring only the amount of money you can afford to lose on entertainment to the gambling location. Never use on-site cash machines, your credit card, or leave to get more money to keep going.
- Keep track of how often you gamble and how much you are losing. Write it down so you can see where the money goes and how much gambling really costs you.
- Never gamble money meant for other things. Never gamble in the hopes of paying off debts or bills. It just doesn't work that way. The more you gamble, the more money you will lose.
- Tell others about your plans to control your gambling. Ask for their help and understanding.
- If your efforts to control your gambling don't seem to be working, get help. It's always better to get help sooner than later.

Remember...

Whether or not you choose to gamble is up to you. But the fact is, the longer and more often you do it, the more money you will lose. When the cost gets too high, it's time to get help.

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***Nova Scotia Health Promotion's Problem
Gambling Help Line:***

1-888-347-8888

Or contact the Addiction Services office nearest you.

Addiction Services in the District Health Authorities

South Shore Health

South West Health

Annapolis Valley Health

50 Vancouver Street, Yarmouth, NS B5A 2P5

Phone: (902) 742-2406, Fax: (902) 742-0684

Colchester East Hants Health Authority

Cumberland Health Authority

Pictou County Health Authority

PO Box 359

199 Elliott Street, Pictou, NS B0K 1H0

Phone: (902) 485-4335, Fax: (902) 485-7026

Guysborough Antigonish Strait Health Authority

Cape Breton District Health Authority

235 Townsend Street, Sydney, NS B1P 5E7

Phone: (902) 563-2590, Fax (902) 563-2059

Addiction Prevention and Treatment Services

Capital Health

PO Box 896

300 Pleasant Street, Dartmouth, NS B2Y 3Z6

Phone: (902) 424-5623, Fax: (902) 424-0627

Visit our website:

www.gov.ns.ca/ohp/gambling