

*Straight facts...
About Gambling*

Problem Gambling Help Line

"My gambling was out of control, I was desperate and scared. I felt worthless, but when I called the Help Line, the counselor didn't judge me, she helped me. I've got myself under control now!"

"I'd lost our home and was losing my family too! Calling the Help Line was very hard for me. But, I've still got my family and I'm getting my life back together!"

The Nova Scotia Office of Health Promotion's Problem Gambling Help Line is available to help you 24 hours a day, 7 days a week.

There is no cost!

Remember We Are Here to Help You, Not to Judge you!

Please call 1-(888) 347-8888 any time, 24 hours a day, 7 days a week. It doesn't matter how young or old you are, call!

"It was a relief to finally pick up the phone and talk to someone. It wasn't easy, but it was the first big step."

"I could see the signs that I was in trouble and was able to get help when I needed it."



These services, including all long-distance charges, are provided free of charge with funding from the Nova Scotia Office of Health Promotion.

Visit www.gov.ns.ca/heal



Toll-Free 1-(888) 347-8888
1-888-347-331 (TTY)



What Services Does the Help Line Provide?

Counsellors at the Problem Gambling Help Line are trained to provide immediate support, advice, information, assessment and telephone counseling.

What Will Happen When I Call the Help Line?

Your call will be answered only by counselors who are specialists in problem gambling. If the counselors are busy helping someone else, you can hold, leave a message, or call back. If you hold, your call will be answered as soon as a counselor is available. If you leave a number, your call will be returned as soon as possible.

You don't have to give your name or address, and you can talk as long as you want to discuss your problem. If you need ongoing counseling, it will be provided for as long as needed through telephone appointments.

The information you provide is kept in confidence. The only exceptions are if you tell a counsellor you're about to commit a crime, or that you intend to hurt yourself. Then we are required by law to notify authorities with or without your consent.

Not Ready To Discuss Your Problem!

If you aren't ready to discuss your problem, we can send you materials about problem gambling. These may help you decide whether you have a gambling problem and how to deal with it. If you do have a problem, and can't stop on your own, it will only get worse. You need help!

Counselling and Other Services

After talking about your problem with the counselor, you may decide to meet face-to-face with another trained counsellor in the Addiction Services office nearest you, or to attend a Gamblers Anonymous (GA) group. GA is a 12-step program like Alcoholics Anonymous. The Help Line counsellor will help you to decide what's best for you, and provide you with the information you need to get to the right service.



Friends and Family Can Also Get Help

The Help Line is also available to families, friends and employers of problem gamblers. Many people call the Help Line because someone else's problem is hurting them or their family. One problem gambler can have a very destructive effect on as many as 8 to 10 other people. Please call if you are one of them - you may need counselling and support yourself!

