

*Straight facts...
About Gambling*

Video Lottery

Are you a Player?



*What you should know about
VLTs and gambling problems.*



When you first started playing the machines...

It was probably entertaining. Maybe someone you know showed you how they worked. Sometimes you won, sometimes you lost, but you only gambled when you wanted to. It was just one of the things you did for entertainment and the slight chance of winning a little money now and then. Did you know... Your odds of winning the top prize on a VLT are 1 in 270,000?

Then you started gambling more often...

You don't win as often as you think you will, but you keep playing anyway. You have put too much into it to walk away. You're not sure you could stop now even if you wanted to. Did you know... VLT/slot machine players who have a gambling problem lose \$1,200 every month each?

You are not alone.

Here's one sure thing you can bet on: gambling problems can happen to anyone.

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What are the signs?

Gambling problems can develop quickly, as they often do for video lottery players, or slowly over time. Every person is different. Read the warning signs below. If you say 'yes' to any of them, it could mean your video lottery gambling has become a problem.

Are You....?

- Gambling more often and for longer periods of time?
- Thinking of ways to get money to gamble?
- Gambling to forget about worries or other troubles?
- Using your bankcard or credit card to get more money for gambling?
- Trying to win back your losses?
- Gambling in hopes of paying off bills or debts?
- Missing work, family events or other responsibilities because you are gambling?
- Gambling with money meant for other purposes?
- Lying to yourself or others about your gambling?

Do you have any of these signs? It may mean you have a gambling problem.



Getting Help Costs Nothing

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 professional counselor. Find out more about gambling problems. Your call will be kept private.

Nova Scotia's 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