



IS YOUR GAMBLING A PROBLEM?

RESPONSIBLE

GAMBLING

hold your own

1-866-332-2322

Keys to Responsible Gambling

1. Understand that gambling involves spending money over time, just like any other form of entertainment.
2. Before playing, determine the amount of time and money that is appropriate for you to spend.
3. Set a budget and stick to it. Always play within your limits.
4. Don't chase your losses. Accept them as a cost of entertainment.
5. Don't use money intended for everyday expenses or borrow money to play games of chance. Only spend what you can afford to lose.
6. Take frequent breaks while playing.

Are You Experiencing Gambling Problems?

These questions may help you examine your gambling activities. If a lot of gambling activity is noted in question 1 or you answer “yes” to questions 2 through 5, you may be experiencing gambling problems.

1. In the past year have you
 - Played bingo?
 - Bet on sporting events?
 - Purchased lottery tickets?
 - Played games of skill for money (eg. cards)?
 - Played slot machines or VLTs?
 - Gambled in a casino?
 - Gambled at a racetrack (including off-track betting)?
 - Participated in any other form of gambling?
2. In the past year have you spent more money than you intended on any of the activities above?
 Yes No
3. In the past year have the activities above created financial difficulties for you or your family?
 Yes No
4. In the past year has anyone expressed concern about your involvement in these activities?
 Yes No
5. In the past year have you been concerned about your involvement in these activities?
 Yes No

Help is Available

Are you concerned that you or someone you know may have a gambling problem? Call the 24-hour, toll-free AADAC Help Line at **1-866-332-2322**, contact your nearest AADAC office, or visit www.aadac.com

Alberta

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