

## HELPFUL CONTACTS

There are places you can turn to for support. Some people find it helpful speaking with a problem gambling counsellor, or getting some advice from a credit counsellor. They may even access online support and tools. Think about what help options are the best fit for you, and reach out when the time is right.



**CONNEXONTARIO**  
(PROBLEM GAMBLING SERVICES IN ONTARIO)

[www.connexontario.ca](http://www.connexontario.ca)  
(FREE WEBCHAT SERVICE)  
1-866-531-2600



**CREDIT CANADA**  
(DEBT SOLUTIONS)

[www.creditcanada.com](http://www.creditcanada.com)  
1-800-267-2272



**RESPONSIBLE GAMBLING COUNCIL**  
(PROBLEM GAMBLING AWARENESS AND PREVENTION SERVICES)

[www.responsiblegambling.org](http://www.responsiblegambling.org)  
416-499-9800

**VIRTUAL PLAYSAMART CENTRE**  
1-833-888-2306



**THE GO-TO SOURCE FOR FACTS, TOOLS AND ADVICE  
ABOUT GAMBLING FOR ALL LEVELS OF PLAYERS.**



# WHAT'S YOUR PLAY RISK?

SEE IF YOUR GAMBLING  
IS PUTTING YOU AT RISK

To learn more about your favourite game, take a break from playing or get support should you need it, visit our on-site PlaySmart centres, [PlaySmart.ca](http://PlaySmart.ca) or call the Virtual PlaySmart Centre at 1-833-888-2306.

PlaySmart Centres are managed by the Responsible Gambling Council - an independent non-profit organization dedicated to problem gambling prevention.

Scan the QR code for more information on Responsible Gambling Programs and Support.



@PlaySmartOLG



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RSK-E4



# ARE YOU AT RISK?

Sometimes gambling can affect our mood, behaviour, relationships and overall quality of life before we realize what's happening. If you like to gamble, it's a good idea to ask yourself some important questions to help you understand if your play is getting risky. Answer these nine quick questions and see what your total score represents to the right:

	NEVER	SOMETIMES	MOST OF THE TIME	ALMOST ALWAYS	YOUR SCORE:
HAVE YOU BET MORE THAN YOU COULD REALLY AFFORD TO LOSE?	0	1	2	3	
HAVE YOU NEEDED TO GAMBLE WITH LARGER AMOUNTS OF MONEY TO GET THE SAME FEELING OF EXCITEMENT?	0	1	2	3	
HAVE YOU TRIED TO WIN BACK THE MONEY YOU LOST?	0	1	2	3	
HAVE YOU BORROWED MONEY OR SOLD ANYTHING TO GET MONEY TO GAMBLE?	0	1	2	3	
HAVE YOU FELT THAT YOU MIGHT HAVE A PROBLEM WITH GAMBLING?	0	1	2	3	
HAVE YOU FELT THAT GAMBLING HAS CAUSED YOU ANY HEALTH PROBLEMS, INCLUDING STRESS OR ANXIETY?	0	1	2	3	
HAVE PEOPLE CRITICIZED YOUR BETTING OR TOLD YOU THAT YOU HAVE A GAMBLING PROBLEM, WHETHER OR NOT YOU THOUGHT IT WAS TRUE?	0	1	2	3	
HAVE YOU FELT YOUR GAMBLING HAS CAUSED FINANCIAL PROBLEMS FOR YOU AND YOUR HOUSEHOLD?	0	1	2	3	
HAVE YOU FELT GUILTY ABOUT THE WAY YOU GAMBLE OR WHAT HAPPENS WHEN YOU GAMBLE?	0	1	2	3	

TOTAL:

## SCORE 0 – 4: LOW-RISK

**0:** you likely enjoy gambling as a form of entertainment and it isn't negatively impacting your day-to-day life. To keep on top of things, you can find out more about how the games actually work and what the odds of winning really are. The Game brochures in any PlaySmart Centre or on PlaySmart.ca are a great place to start!

**1 – 4:** you're probably feeling good about your gambling and are perhaps experiencing few, if any, issues with it. Developing positive play habits can limit the risk of any issues with gambling down the road. Pick up the *PlaySmart Guide to Gambling Fun* brochure from any PlaySmart Centre or visit PlaySmart.ca to learn more.

## SCORE 5 – 7: MEDIUM-RISK

**5 – 7:** you may sometimes feel a bit guilty or experience regrets about your gambling. Your behaviours might have changed since the first time you played. Perhaps you've gambled a bit more than you can afford or maybe you've tried to win back money that you've lost. Consider setting a limit on how much you can afford to lose during a play session, and leaving your credit and debit cards at home.

## SCORE 8+: HIGH-RISK

**8 OR MORE:** you've probably thought about making some changes, and maybe others have voiced some concern too. People who score at this level may find that their gambling is taking a toll on their finances, relationships, health, or employment. If you're experiencing this, know that you're not alone, and it's not too late to make some positive changes. A good place to start is to talk to someone about your concerns, or take a break from gambling. Learn about your options in the **Helpful Contacts** section.

# myPlay.Break



## OTHER SIGNS OF A GAMBLING PROBLEM

If gambling is negatively affecting your life in any way, consider talking to someone who can help you make some changes.

There are signs that can tell you if you're gambling is becoming a problem. Typically the more signs you are seeing the greater the chance of a problem.

- Lying about time or money spent gambling
- Borrowing or selling items for money to gamble
- Missing work, family or personal obligations in order to gamble
- Gambling to escape from boredom, problems, or responsibilities
- Gambling more to win back money lost
- Spending more money, or longer periods of time to get the same thrill
- Arguing with family or friends about money and gambling
- Hiding bills, past due notices, winnings or losses from others
- Looking for a "big win" to solve financial problems
- Prioritizing gambling over basic needs such as sleep and nutrition
- Constantly thinking or talking about gambling
- Finding it difficult to control, stop or cut back on gambling

If at some point gambling feels less fun than it used to, My PlayBreak is a tool that can help players take the break they need.

Learn more about OLG's Self-Exclusion Tool at [playsmart.ca/myplaybreak](https://playsmart.ca/myplaybreak).

