

WHERE TO GET HELP

If you are concerned about your own gambling, or if you are worried about someone you care about, you can get help or just get answers to your questions by calling:

**ONTARIO PROBLEM
GAMBLING HELPLINE**
at 1-888-230-3505

Confidential, anonymous,
free and open 24 hours.

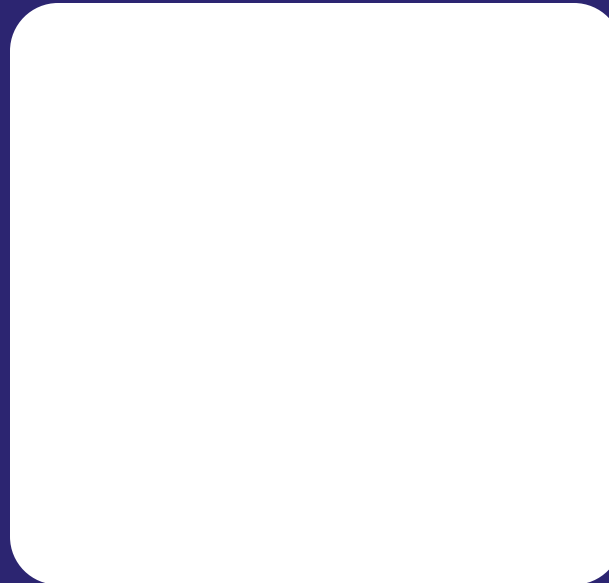


Ontario Problem Gambling Helpline
La Ligne ontarienne d'aide sur le jeu problématique

For more information
on low-risk gambling, visit the
Responsible Gambling Council
website at

www.responsiblegambling.org

You Can Also Contact the Following Resources for More Information:



Thanks to D. Boissoneau, Garden River Wellness Centre; M. Drake CGC, Ontario Metis Aboriginal Association; A. Lemay, Sault Area Hospital Addictions Treatment Clinic.

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The RGC Focused Firmly on Prevention

Through research the Responsible Gambling Council seeks to better understand the nature of problem gambling and ways to reduce the risks. Through information the Council makes sure that knowledge about problems and prevention gets in the right hands. Through a wide range of awareness programs the RGC helps those who gamble to understand the risks and how to avoid them as well as offers sources of help for those who lose control of their gambling.



Gambling & the Aboriginal Community

**IT'S ONLY A GAME -
A QUICK GUIDE TO
LOW-RISK GAMBLING**



RESPONSIBLE GAMBLING COUNCIL
www.responsiblegambling.org

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UNDERSTANDING THE GAME

Gambling has long been an aspect of traditional aboriginal culture. In the past, gambling has played a role in native ceremonies and community celebrations, and has been used to teach various skills.

The traditional use of gambling has changed but the definition remains the same: gambling means risking money or valuables on an activity with an unknown outcome. Gambling activities now include bingo, scratch tickets, pull-tabs, horse racing, casino games, slots, etc. When gambling becomes a problem in Aboriginal culture it is not only the individual who is affected but the whole family and entire community.

Low-risk gamblers understand that, while they may get lucky from time to time, over the long run they will lose money. They know that the games work that way.

Low-risk gambling is a way of playing with very little chance of losing control. The key to low-risk gambling is to realize that "it's only a game."



AVOIDING THE RISKS:

- Maintain values of the Seven Grandfather teachings: love, honesty, respect, bravery, humility, truth, and wisdom
- Don't gamble to escape from problems - find alternatives to gambling in your community
- Determine how much you can afford to gamble and stick to this money limit
- Never borrow money to gamble
- Make sure your children are safe and well cared for (Protection & Nourishment)
- Plan family events that don't involve gambling
- Don't use gambling as a reward or as a rite of passage e.g. going to bingo to celebrate a 16th birthday
- Look for support within your community:
 - *Speak to elders*
 - *Talk to a spiritual advisor*
 - *Consider attending a talking circle*
 - *Contact your community's Wellness Centre*

SIGNS OF TROUBLE?

Problem gamblers lose the sense that it's only a game. They may begin to look at gambling as a way to make money. They often think that they have special luck or abilities. When they lose money, they tend to "chase their losses", betting even more to win back money that has been lost. The result is a vicious circle of increasing losses and increasing bets.

- Are you leaving your children alone or with community members for long periods of time, in order to gamble?
- Are you gambling family money needed for rent/mortgage, groceries, clothes, or heat?
- Do you feel you have to gamble to spend time with the people you care about?
- Are you ignoring family or community responsibilities to gamble?
- When you are with your family, at work or at social events, are you constantly thinking about your next bet?
- Do you look at gambling as a way to make money?

If you answered yes to any of the above questions there is help available - please see next page.