



A GAME SHOULD
REMAIN A GAME

**STICK TO
YOUR LIMITS**

THREE LIMITS TO SET AND RESPECT

Most people are able to play games of chance without developing a gambling problem. However, there are risks associated with gambling. To avoid losing control, don't gamble :

- › **TOO MUCH MONEY**
- › **TOO OFTEN**
- › **FOR TOO LONG**

Other tools to help you maintain low-risk gambling habits are available.



agameshouldremainagame.com

*Tips, information
and resources*

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Tips TO KEEP IN MIND

It's important to set limits before you gamble.

Bet only what you can afford to lose—such as a portion of your entertainment budget—and not what you've set aside for basic necessities—yours or your loved ones'.

TO MAKE SURE A GAME REMAINS A GAME:

- » Remember that gambling is not a good way to make money.
- » Don't try to recover your losses.
- » Avoid gambling when you are sad, depressed, worried or upset.
- » Don't gamble if you are under the influence of drugs or alcohol.
- » Gamble just for the fun of it, and take part in activities other than those related to games of chance.
- » Be realistic; chance is the only factor involved.

WARNING SIGNS TO LOOK OUT FOR

If you apply these tips, and your gambling habits are still negatively impacting you and/or your loved ones, take a step back to think about how gambling is affecting your life and take the necessary steps to lower your limits.

Gambling is constantly on my mind.

I get irritable when I can't gamble.

I've had to gamble more and more money to get the same level of excitement.

I'm unable to cut down on my gambling or completely stop.

My gambling is jeopardizing my job or relationships that are important to me.

My gambling habits have changed.

(amount of money, frequency or duration)

I lie to cover up my gambling habits.

I borrow money to play and pay off gambling debts.

I gamble to recoup my losses.

If any of these thoughts or feelings strike a chord with you, don't hesitate to speak up and ask for help.



GAMBLING HELP AND REFERRAL
1-800-461-0140