

HOW GAMBLING WORKS

Gambling involves placing money on a game or an event where the result is unknown and uncertain.

There are two main categories of gambling – chance-based and skill-based.

CHANCE

Chance-based gambling is totally random and you cannot influence whether you will win or lose. All players have an equal chance of winning. Examples of chance-based gambling include the lottery, roulette, bingo and gaming machines.

SKILL

In skill-based gambling, your ability can influence whether you will win or lose. Although chance is involved, the odds of winning are not the same among all players because technique, knowledge or strategy can give some an advantage over others. Examples include betting on races and playing poker or blackjack.

RISK

One thing connects all types of gambling – risk. This means that the result is never certain, winning is never a 'sure thing', and losing is always a possibility.



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PROBLEM GAMBLING

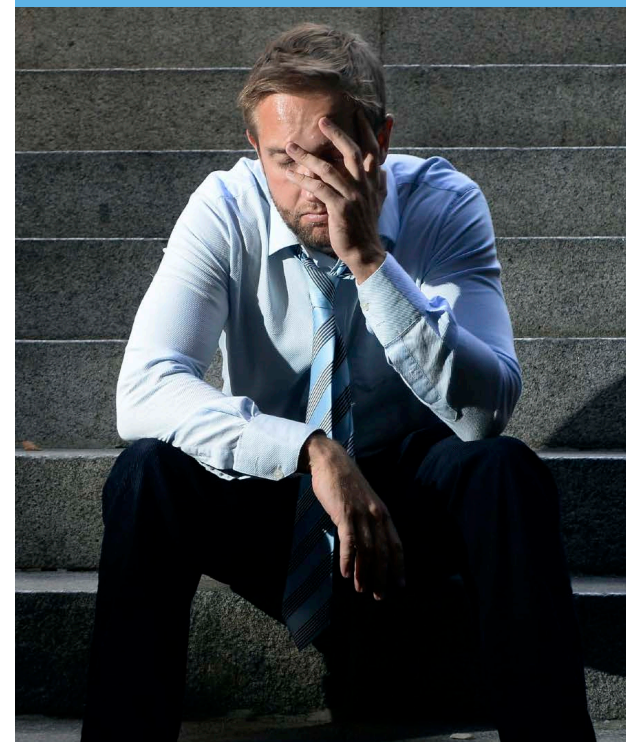
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Gambling

What you should know,
and how we can help.

GAMBLING . . . KNOW THE FACTS



More than 80 percent of adults gamble at least once a year, and for most, it is a harmless form of entertainment. For one percent of the population though, gambling isn't harmless. It is a serious problem.

Problem gambling is often defined by whether harm is experienced by the gambler or others. Problem gambling is an urge to gamble despite harmful, negative consequences or a desire to stop. Gambling addictions, like drug and alcohol addictions, affect people from every race, economic background and gender. A problem gambler will wager on whatever game is available, sometimes even creating bets on ordinary, everyday activities.

RESPONSIBLE GAMBLING

Responsible gambling means making choices and staying in control of how much time and money you spend.

People who gamble responsibly make sure they know all the facts. They decide in advance how often they will play, how much money and time they will spend, and when to stop. Sometimes, responsible gambling is making a decision not to gamble at all.

Gambling responsibly will keep gambling enjoyable, and lower the risk of harm to you, your family or friends.

A person who gambles responsibly:

- gambles for fun, not to make money or to escape problems.
- knows that they are very unlikely to win in the long run.
- does not try to 'chase' or win back losses.
- gambles with money set aside for entertainment and never uses money intended for rent, bills and food.
- does not borrow money to gamble.
- does not let gambling affect their relationships with family and friends.

SIGNS OF PROBLEM GAMBLING

Is your gambling causing problems for you or others around you? The following signs may indicate a problem.

- Spending more money and time on gambling than you can afford.
- Finding it hard to manage or stop your gambling.
- Having arguments with family or friends about money and gambling.
- Losing interest in usual activities or hobbies like going out with friends or spending time with family.
- Always thinking or talking about gambling.
- Lying about your gambling or hiding it from other people.
- Chasing losses or gambling to get out of financial trouble.
- Gambling until all of your money is gone.
- Borrowing money, selling possessions or not paying bills in order to pay for gambling.
- Needing to gamble with larger amounts of money or for a longer time to get the same feeling of excitement.
- Neglecting work, school, family, personal needs or household responsibilities because of gambling.
- Feeling anxious, worried, guilty, depressed or irritable.

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