

Types of Gamblers:

Professional: Gambling is his primary source of income; makes his living gambling.

Casual Social Gambler: Gambling is one of many forms of entertainment; gamble infrequently.

Serious Social Gambler: Gambles as a major source of entertainment; plays regularly at one or more types of gambling and does so with great absorption and intensity.

Relief-and-Escape Gambler: Major activity in person's life of equal importance with family and business; but rest of life goes on without integrity being seriously impaired; more than a pastime.

Compulsive Gambler: Gambling is only thing in life; ignores family and business, and often turns to crime to support his/her habit.

Antisocial Personality: Life career is getting money by illegal means; those who gamble try to fix gambling games

Are you affected by someone's gambling problem?

It can be useful to seek help and advice if someone's behavior, due to a gambling problem, is impacting on your life. You may feel overly anxious or protective of the person with a problem or their behavior towards you may be threatening or violent. A counselor, doctor or youth worker are people who may be able to help you. Check out the Finding Help section for more information about how they can help.

Gambling is Growing and So Are the Problems

Places to Contact::

Saskatchewan Problem Gambling Help Line

1-800-306-6789



Gambling



Box 403, 203 Patricia St.
Hudson Bay, SK S0E 0Y0
Phone~ (306) 865-3064
Fax~ (306) 865-3391

hbfamilyandsupport@sasktel.net
www.hbfamilyandsupport.ca

24 Hour Crisis Line
(North East Region)
1-800-611-6349

How Much is Too Much

It is not uncommon for people to gamble for fun. For some it may be once a year for the Grey Cup or NHL playoffs and for others it may be on a more regular basis. If you are gambling it is a good idea to keep track of how it affects you and your day to day activities.

Some of the things you may want to think about are:

1. Does gambling cause you to argue with friends or family?
2. Do you avoid telling people how much money you are spending when you gamble?
3. Do you gamble until you run out of money?
4. Are you having to give up other things to find money for gambling?
5. Have you thought about stealing to gamble?

If you have answered yes to some of these questions you may want to look at ways to manage your gambling.

Managing your gambling may include speaking to a professional or it may be possible to manage it on your own.

Reducing boredom

Some people gamble as a way of reducing boredom. It may be helpful to look at other things you can do instead. Finding other ways you can relax and have fun may help you to manage your gambling.

Some ideas may be listening to music, go fishing, bike riding, hanging out with friends or playing your favorite sport.

Keep a record

It may be helpful to keep a record of how much money you are gambling and whether you won or lost. Sometimes seeing it written down makes it easier to see how much you are spending. If you are telling yourself that this bet will be the winner you may find it helpful to check your record to see whether you have won or lost in the past.

Setting a limit

It may help if you are gambling to only use an amount you can afford to lose. That may mean only having \$20 in your wallet when you go out to gamble.

Self help

This is another option to help people manage their gambling. Self help groups are made up of people affected by gambling.

The group is run primarily by members of the group instead of a professional. Gamblers Anonymous is an example of self help groups.

If you are finding that your gambling behavior is interfering with day to day life, it may be helpful for you to talk to a counselor.

Some counselors specialize in gambling treatment, however all counselors should be able to offer you help. A good counselor can help you to work out how best to manage your gambling.

