



ALC.CA



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Atlantic Lottery encourages players to make informed choices about their play. After all, having fun when playing our products is what it's meant to be all about.

PlayWise is about playing in the spirit of fun and entertainment. The best way to keep gambling fun is to have the right information at hand when you play.

TIPS TO KEEP GAMBLING FUN

- Set a budget and stick to it
- Set a time limit and stick to it
- Maintain a gambling journal
- Avoid gambling when intoxicated
- Take frequent breaks
- Balance gambling with other forms of entertainment

RESPONSIBLE GAMBLING TOOLS ON ALC.CA

- **Weekly Deposit Limit** - All alc.ca members are required to set a weekly deposit limit. Every three months a friendly reminder will appear on screen upon log in to ensure players are still comfortable with the limit they set. Players can decrease their limit at any time for any reason; however, a requested increase will only take effect in 24 hours.
- **Session Timer** - Enables players to keep track of how much time they have spent on alc.ca.
- **Age Verification** - Atlantic Lottery verifies all accounts to ensure that players are not underage, or from outside Atlantic Canada.
- **Self-Assessment** - Allows you to evaluate your play behaviour by answering some questions. The assessment is for informational purposes and is not stored by Atlantic Lottery.

- **Self- Exclusion** - At any point any alc.ca member is able to take a step back and self-exclude themselves for a period of time (6, 12, 24 or 36 months). By choosing self-exclusion the player's alc.ca account is suspended immediately.
- **Account Control Panel** - This will be displayed to the player on all screens. The Account Control Panel includes: session time, amount spent this week, account balance, my account, help, link to self-exclusion, add and withdraw funds and logout.

WARNING SIGNS

A small number of people have difficulty keeping gambling fun. Problem gambling warning signs include:

- Spending more time and money than intended
- Feeling guilt or remorse about gambling
- Arguing about gambling with family or friends
- Gambling with money intended for other purposes

HELP IS AVAILABLE

If you or someone you know has a gambling problem, help is just a phone call away. All calls are toll-free and completely confidential.

New Brunswick:

1-800-461-1234

Newfoundland & Labrador:

1-888-899-HELP (4357)

Nova Scotia:

1-888-347-8888

Prince Edward Island:

1-855-255-4255