



COMMUNITY RESOURCES NEWFOUNDLAND & LABRADOR



PLAY INFORMED

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. Having the wrong information such as believing the chances of winning are better than they really are, or that you are due for a big win, can lead a player to take risks. Research shows that informed players make healthier gambling decisions. Have fun, but know the facts before playing any game of chance.

HELP IS AVAILABLE

Everyone can get caught up in the excitement of the game. Sometimes, things get out of hand. If you think you might have a gambling problem, or need advice about someone else's gambling problem, confidential help is available from a variety of resources.

GAMBLING INFORMATION LINE

People who need information on gambling can call 24/7 and speak with a health professional - it's free and confidential. Counselors will propose options to help deal with gambling problems. For more information call **1-888-899-4357 (HELP)**.

ADDICTION SERVICES

In Newfoundland & Labrador, Addiction Services provides assessment, education and treatment services for clients with gambling problems as well as their family members. For more Information, visit ***health.gov.nl.ca/health/mentalhealth/help_now.html***

GAMBLERS ANONYMOUS (GA)

GA is an anonymous fellowship of men and women who share their experience, strength and hope with each other to help themselves and others recover from gambling. For information on locations and meeting times in NL, visit ***gamblersanonymous.org***

CREDIT COUNSELLING SERVICES OF NEWFOUNDLAND & LABRADOR

The Credit Counselling Services of Newfoundland & Labrador is a not-for-profit charitable organization that is dedicated to the financial wellness of all residents of Newfoundland & Labrador. For more information call **(709) 753-5812** or visit ***creditanddebtsolutions.ca***

CREDIT COUNSELLING SERVICES OF ATLANTIC CANADA INC.

The Credit Counselling Services of Atlantic Canada, Inc. (CCSAC) is a registered non-profit organization, providing confidential and professional budget, credit and debt repayment counselling programs to families and individuals. For more information, please call **1-888-753-2227** or visit ***solveyourdebts.com***

KNOW THE WARNING SIGNS

Gambling requires time, money and energy. Gambling becomes a problem if these resources are spent at the expense of other areas, such as personal relationships, family, employment, academics or financial commitments.

YOU MAY HAVE A GAMBLING PROBLEM IF YOU:

- Spend more time and money than intended
- Argue about gambling with family and friends
- After losing, have the urge to return as soon as possible to win back losses
- Feel guilt or remorse about gambling
- Borrow money or sell assets to gamble
- Miss work to gamble
- Hide the extent of your gambling

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

FOR MORE INFORMATION VISIT

corp.alc.ca/PlayResponsibly.aspx