



SELF-ASSESSMENT & SUPPORT

Find your way back from gambling

Call the gambling helpline
1-800-461-1234
Explore resources at
GNB.CA/MentalHealth

A healthy lifestyle is the foundation of a successful recovery.

ARE YOU...

☐ **Getting adequate rest?**

Rest is essential to both physical and emotional well-being. When you are well-rested, it's easier to think clearly, manage stress, and stay positive.

☐ **Eating properly?**

Skipping meals or consuming large amounts of sugar, caffeine, cannabis, or alcohol can destabilize mood and impair judgment, thereby increasing the likelihood of impulsive reactions.

☐ **Monitoring your emotional health?**

Persistent symptoms of depression, feelings of despair, and thoughts of harming yourself deserve care, understanding, and addressed through timely supports.

☐ **Living a balanced life?**

Leisure activities, enjoyable hobbies, exercise, meditation, prayer, journaling, support groups, learning opportunities, and new challenges are ways you can improve your quality of life.

☐ **Being transparent with yourself and others?**

Being transparent with yourself and others strengthens self-respect and builds trust, making it easier to handle challenges as they come up.

☐ **Taking ownership of your choices and feelings?**

Feeling strong urges to gamble or use substances can happen when you're under a lot of stress. These reactions reflect what you're going through, not your character.

☐ **Thinking rationally?**

Rational thinking helps you manage frustration and stay focused, making it easier to find healthy solutions.

☐ **Practicing patience?**

Patience helps you pause before reacting, appreciate your progress, and handle challenges with composure.

☐ **Understanding?**

Others may not change as quickly or in the ways you prefer. Their needs may differ, and being understanding can help your interactions stay healthy.

☐ **Grateful for the large and small gifts in your life?**

Being grateful for both big and small things in your life can help when you feel overwhelmed.

☐ **Are you aware of the situations that may increase your vulnerability?**

We all have areas in our lives where additional support, or a clear safety plan, can help promote stability and well-being.

☐ **Maintaining connections?**

Staying connected with your community can give you a sense of belonging, identity, and purpose. These relationships help support your overall well-being.

CONTACT US to make an appointment

Bathurst	547-2110
Campbellton	789-2440
Edmundston	735-2092
Fredericton	453-2132
Miramichi	778-6111
Moncton	856-2444
Saint John	658-3737
Tracadie-Sheila	394-3615