

What is gambling?

Gambling is risking money or something of value on events that have an element of chance.

Forms of gambling

- Lotteries
- Casinos
- Slot machines
- Video lottery terminals (VLTs)
- Card games
- Internet gambling
- Sports betting
- Bingo
- Scratch tickets
- Nevada tickets
- Racetrack gambling
- Games of skill
- Stocks and day trading
- Futures
- Pyramids
- Sweepstakes

Is your gambling a problem?

In the past 12 months have you:

- felt concerned about your gambling?
- spent more money or time on gambling than you could afford?
- felt the need to bet more and more money?
- lied to people important to you about how much you gamble?
- been criticized by others about your gambling?
- tried to win back your losses by gambling more?
- gambled to cope with loneliness, depression, stress or other negative feelings?

If you answered “yes” to one or more of the questions above, you may be at risk for developing a gambling problem.

How to reach us

Phone: **416.599.1322**

Toll Free: **1.888.647.4414**

Fax: **416.599.1324**

E-mail: **gambling@camh.net**

Website: **www.ProblemGambling.ca**

Hours

Monday, Tuesday and Friday, 8 a.m. to 5 p.m.

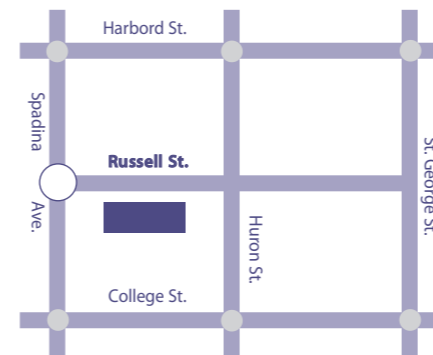
Wednesday and Thursday, 8 a.m. to 8 p.m.

Problem Gambling Service

Centre for Addiction and Mental Health

33 Russell Street

Toronto, Ontario M5S 2S1



● TTC streetcar and bus stops.
For more transit information visit www.ttc.ca

Also, limited service available at:

Scarborough Addiction Services Partnership

2425 Eglinton Ave. East, Suite 301, Toronto, Ontario M1K 5G8

Etobicoke (Bloor & Islington)

56 Aberfoyle Cres., 4th Floor, Toronto, Ontario M8X 2W4

For information on addiction and mental health issues or other resources, please visit our website: www.camh.net

To make a donation, please contact the CAMH Foundation:
Tel.: 416 979-6909
E-mail: foundation@camh.net

If you have questions, concerns or compliments about services at CAMH, please call the Client Relations Service at:
Tel.: 416 535-8501
ext. 2028 or 2078



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

A Pan American Health Organization /
World Health Organization Collaborating Centre
Fully affiliated with the University of Toronto

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problem gambling service

addictions

Addictions Program

problem gambling service

Most people gamble responsibly and without problems. However, for one to four per cent of the population, gambling takes up too much of their money and time, and hurts their family life, employment, finances, well-being and health.

People from all age groups, income levels and cultural backgrounds can have a problem with gambling.

If you or someone close to you has a gambling problem, we can help.

Who we serve

Our services are available to anyone who has concerns about his or her own or someone else's gambling. We also offer education on problem gambling treatment and prevention to professional, client or other interested groups.

Who we are

Our staff are professional addiction therapists with specialized training in the treatment of problem gambling.

What we offer

The Problem Gambling Service offers:

- **free, confidential services**
- group counselling to address problem gambling and related issues
- limited individual counselling
- consultation and counselling for family members and friends, with or without the person who has a gambling problem
- couple and family counselling
- telephone counselling and consultation
- services in four languages, and many others by referral
- client-directed goal-setting.

We focus on:

- what you need to do NOW to regain control of your life
- dealing with the stresses and problems created by gambling
- building new coping skills and strategies to limit dependence on gambling and to enhance your life.

Our services include:

- counsellors specializing in the needs of youth, women, diverse ethnocultural populations and older adults
- specialized groups geared to different needs and stages in the change process
- referrals for additional services
- gay and lesbian counsellors on request
- prevention, education and training on problem gambling for professional, client and other groups.

How it works

Please call us directly. No referral is necessary. Our intake co-ordinator will help you connect with a counsellor to discuss your concerns. Some limited evening hours are available, and we provide counselling by phone when access in person is difficult. Urgent calls or requests for information are returned within 24 hours.