

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

Does someone close to you have a gambling problem?

Signs that may indicate a problem:

- Money or valuables are missing, or debts are increasing.
- RRSPs, insurance plans, etc., have been cashed in or allowed to lapse.

The person:

- withdraws from family and friends; appears preoccupied
- neglects family, work, school or other responsibilities
- disappears for large blocks of time
- spends a lot of time on sports statistics, racing forms, phone calls or gambling websites
- is often short of money and/or in need of loans
- is secretive, deceptive or controlling, particularly concerning money and bills
- is increasingly short-tempered, moody, tense or depressed.

The more of these signs you see, the more likely it is that gambling is a problem.

How to reach us

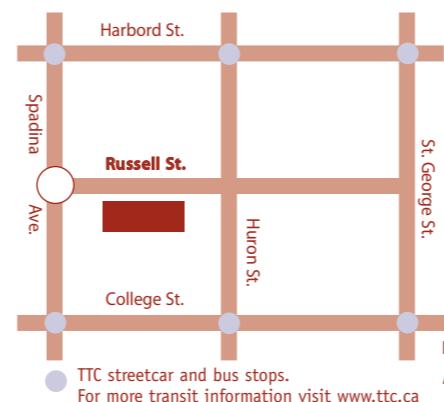
Phone: **416.599.1322**
Toll Free: **1.888.647.4414**
Fax: **416.599.1324**
E-mail: **gambling@camh.net**
Website: **www.ProblemGambling.ca**

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



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



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problem gambling service

help for family and friends

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. Their family and friends are affected, too.

If someone close to you has a gambling problem, we are here to 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 and limited individual counselling for people with problems related to gambling
- 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
- counsellors specializing in the needs of youth, women, diverse ethnocultural populations and older adults
- services in four languages, and many others by referral.

Family members often experience:

- fear, confusion and frustration about the gambling behaviour, money problems and other consequences
- a loss of trust that affects relationships
- stress, sometimes with physical symptoms such as upset stomach or headaches
- feelings of betrayal, anger or even rage
- feelings of isolation, shame and embarrassment
- feelings of self-blame and depression
- a loss of closeness with a partner who gambles.

These are all normal reactions to very difficult circumstances. It helps to talk about these feelings, and to share them with people who are understanding and supportive.

People **can and do** recover from problem gambling, and their families can recover too.

Family members can make a difference:

- They can learn how to influence and support the person's efforts to change. People with gambling problems often seek help because of their families' concerns.
- Whether or not the person chooses to change, family members can learn how to regain control of their own lives, and take the best possible care of themselves.
- Once changes begin, family members may choose to work together to heal the damage to relationships.

Counselling can help in each of these areas. Please consider meeting with a counsellor even once or twice to address these issues.

How it works

Please call us directly. No referral is necessary. Phone consultations are available, and calls are returned within 24 hours.