



Help for

Family and Friends of Problem Gamblers

High Risk Gambling:

Problem gambling occurs when a person continues to gamble despite the fact that it is causing financial, marital, family, legal, social, school or employment problems.

Some Signs of Gambling Problems:

- Always thinking about gambling/a game
- Spending increased amounts of money
- Losing time at work/school
- Lying or stealing in order to continue to gamble
- Only talking about the wins, ignoring the losses

Things You Can Do

Family members and friends of gamblers recognizing problem gambling:

It is important to remember that problem gambling is easy to hide from others because there may be no outward signs. If the gambler is aware they are having problems it is easy for them to hide the negative consequences of their play.

Think Carefully about the Following Questions:

Does this person appear to have money concerns?

Many problem gamblers try to win back the money they've lost. They run into trouble with unpaid debt, or they do things they normally wouldn't do to get more money (e.g. steal, work second jobs or a lot of overtime, borrow against their possessions, cash in RRSP's).

Are they untruthful about spending their time gambling?

Some people do not want to admit that they are going back to try to win back the money they've lost. They only talk about their winnings, and never how much they spent before they won.

As a family member or friend someone's gambling may be having a negative effect on your relationship. There is support to help you with this problem.

Is someone's gambling problem affecting your life?
There is help.

www.opgh.on.ca

www.gamblersanonymous.org

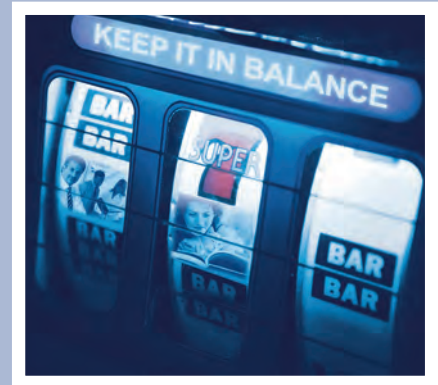
www.gam-anon.org

Are you noticing changes in mood and behaviour?

Problems in gambling can involve feelings of shame, guilt, loss of control, incompetence, and pain in realizing things have gone too far. It can be stressful for a person who is trying to change their behavior for the better. They may miss the game and the good feelings the game provided. You may notice your loved ones are absent from family events and gatherings, have changes in eating, sleeping, and working habits; as well as, unexplained physical problems like regular headaches.

As a friend or family member, if you have looked at these questions and answered “Yes” to any of them, it could mean that there are problems for a person in your life.

You may want to ask more questions. Please remember that help is always available to those who feel like they are “in over their heads”.



Where to Find Help

**Sister Margaret Smith Centre
- Problem Gambling Services** **684-5100**
1-866-346-0463

301 Lily St. N.
www.mha.sjcg.net

Gambler's Anonymous **684-5100**

301 Lily St. N.
Tuesdays 7:00pm – 8:30pm

**Ontario Problem Gambling
Helpline** **1-888-230-3505**

www.opgh.on.ca or
www.gamblersanonymous.org

**Thunder Bay Counselling Centre
Credit Counselling** **684-1880**

544 Winnipeg Ave.
www.tbaycounselling.com

Gam-Anon
www.gam-anon.org