GAMBLING HARMS

LOSING MONEY IS THE GAMBLING HARM THAT FIRST COMES TO MIND. BUT GAMBLING CAN LEAD TO OTHER HARMS:



RELATIONSHIP CONFLICTS

such as neglect of relationship, social isolation, arguing with your spouse



EMOTIONAL DISTRESS

such as feelings of guilt, loneliness and isolation



HEALTH PROBLEMS

such as problematic use of alcohol or other drugs

LRGG Lower-Risk Gambling Guidelines

These guidelines were developed using the most current and highest quality scientific evidence available.

TO REDUCE YOUR RISK OF EXPERIENCING HARMS FROM GAMBLING, FOLLOW ALL THREE OF THESE GUIDELINES:













Gamble no more than of household income before tax per month

4 Gamble no more than days per month

Avoid regularly gambling at more than types of games

FOR THESE GUIDELINES, GAMBLING MEANS ...

playing a game of chance for money. Popular forms of gambling include lotteries, sports betting, table games, slot machines, video lottery terminals (VLTs) and online forms of gambling like poker.

The guidelines were developed by **analyzing data from over 60,000 people** who gamble from eight countries, as well as interviews, focus groups, surveys and literature reviews. The most comprehensive and evidence-based description of harms related to gambling defines them as a decline in the health or wellbeing of any individual, family unit, community or population due to gambling.*

*Browne, M., Langham, E., Rawat, V., Greer, N., Li, E., Rose, J., Rockloff, M. ... Best, T. (2016). Assessing gambling-related harm in Victoria: A public health perspective. Melbourne, Australia: Victorian Responsible Gambling Foundation.

Visit www.gamblingquidelines.ca for more information.

These guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.



IF YOU THINK YOU ARE NOT IN CONTROL OR FEEL UNCOMFORTABLE WITH YOUR GAMBLING, PLEASE VISIT WWW.GAMBLINGGUIDELINES.CA/GETTING-HELP FOR A LIST OF RESOURCES IN YOUR REGION.