

STAYING ON TRACK



If you gamble, enjoy it as another form of entertainment, not as a way to make money.



Healthy Play Tips

YOURBESTBET

RISK FACTORS

There are certain factors that may increase the risk that someone will develop problems with gambling. Some of these include:

- Thinking that you will eventually win back all that you lost if you just keep gambling
- Family history of alcohol, drug, gambling and/or overspending problems
- Financial problems, having a big win early on or stressful life events
- Loneliness, depression or anxiety
- History of trauma or mental wellness
- Misunderstanding how games work, being impulsive, a risk taker or being easily bored

Sometimes, one or a combination of these risk factors can move gambling from a fun form of entertainment to a behaviour with negative consequences.

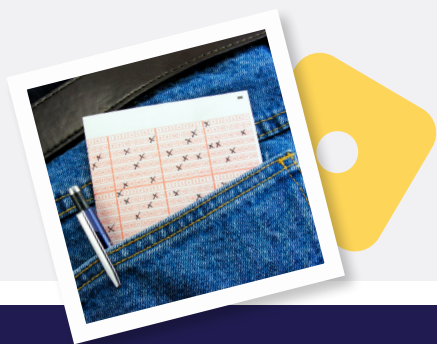
If you have concerns about your own or someone else's gambling, call the Nova Scotia Health's Provincial Mental Health and Addictions Crisis Line at 1-888-429-8167 or visit MHAHelpNS.ca.

FUN VS. FRUSTRATION

Some people gamble on weekly lotteries; others participate in the occasional Poker tournament. While most people gamble for fun and entertainment - as well as the potential for winning - a few become overly involved to the point that gambling is no longer an enjoyable activity. If you feel that gambling is taking time and pleasure away from the rest of your life, Nova Scotia Health's Provincial Mental Health and Addictions Crisis Line at 1-888-429-8167 or visit MHAHelpNS.ca.

There are many ways to keep gambling fun and entertaining. It starts with having accurate knowledge about how games work.

Taking a well-informed approach to gambling before, during and after you play is your BEST BET for enjoying games of chance without spending more time and money than you can afford.



Gambling always involves risk;
if you play for money,
you risk losing it.

BEFORE YOU GAMBLE...

Remember that gambling is like many other forms of entertainment; it comes with a cost – it is NOT a way to make money.

Take time to understand the games you will be playing and, most importantly, the cost associated with playing them. Learn the odds and other facts about gambling at yourbestbet.ca.

Set a time budget and stick to it.

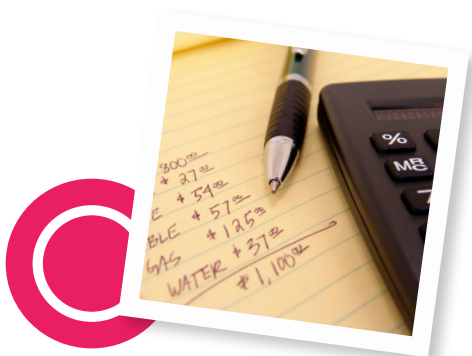
Set a spending limit - know how much you have in your budget to spend on gambling and stick to your limit.

Do not use your credit and/or debit cards to access cash beyond your pre-determined spending limit.

Only gamble with money that you have and never borrow money to gamble.

Pay for all your necessities, like rent or groceries first, before you allocate money to gamble.

Create a monthly budget for all your expenses, including things like gambling. See the Gambling, Money and You brochure and a Monthly Budget Template for more information.



WHEN YOU ARE GAMBLING...

Resist the urge to chase your gambling losses. Trying to win back lost money will likely lead to more losses.

Take breaks regularly. Grab something to eat or go for a walk. Set a reminder on your phone or make plans to meet a friend for coffee. This helps to give you a clear head about when to stop playing.

Consider limiting alcohol or substance use while gambling. Gambling while under the influence can impair your judgement.

Be aware of how much money you are gambling. Do not lose track of the amount you have spent within your gambling session.

Separate some, or all, of your winnings from money you've budgeted to spend.

Keep your emotions in check. Know that losing is part of gambling. If this causes frustration or anger, then re-examine your entertainment choices.

AFTER YOU GAMBLE...

Review the limits you set on the time and money you spent gambling. If it doesn't feel right, then you need to make some changes – like taking a break from gambling, or spending less time or money the next time you gamble.

Think about what motivated you to gamble and how you feel now. If you don't like how you feel, then you need to make some changes – like taking a break from gambling (see our ***Voluntary Self Exclusion*** brochure) or spending less time or money the next time your gamble. Balance gambling with other activities you enjoy.

This brochure has been developed by:



Nova Scotia Health's Provincial Mental Health and Addictions Crisis Line is available 24 hours a day, seven days a week for anyone experiencing a mental health or addictions crisis, or someone concerned about them.

Call [toll-free] 1-888-429-8167
or visit MHAHelpNS.ca

For more information, please visit
YOURBESTBET.ca