

Problem Gambling affects people of all ages, income groups, cultures and jobs. It can develop suddenly in some people or it may take many years in others. Motivating factors for Gambling are: The excitement of “being in the action”, to “socialize”, for “financial gain”, “stress relief”; “make up” for losses and to “pass the time”.

There are three types of “Addictive Gambling “

1. Compulsive Gambling:

Compulsive gambling is a common term used by “Gamblers Anonymous”. It suggests that gambling is a compulsion but many experts disagree with this term saying that it is not a compulsive disorder but a “lack of impulse control” disorder.

2. Pathological Gambling:

Pathological gambling is a diagnostic term describing someone who has five or more of the following conditions:

- Preoccupied with gambling.
- Has a need to increase their quantity of risk.
- Can't stop gambling.
- Gambles to feel better.
- Becomes irritable when they stop gambling.
- After losing they go right back to gambling.
- Lie about the extent of their gambling.
- Perform illegal acts to finance their gambling.
- Jeopardize relationships to keep gambling.
- Relies on others to make up for losses resulting from gambling.

3. Problem Gambling:

Problem Gambling is the most used term in Canada. Many feel that it more aptly describes the differing scope of the problem. It is compatible with the notion that this problem can be very large or very minor. Problem Gambling can include, but is not limited to Compulsive Gambling or Pathological Gambling. The term “Problem Gambling “ is preferred because it is more inclusive of all types of gambling that involve any type of harmful consequences.



What is Gambling: Gambling is “anytime one risks losing money or belongings when winning or losing is mostly by chance”. 3 main elements :

- Something of value is at stake.:
- Outcome determined by chance
- A Bet once made is irreversible.



Types of Gambling:

- Casino Games (Craps, Slots, Dice, Black Jack, Poker)
- Other Types: Bingo, Keno, Lottery Ticket, Scratch, Nevada Tickets, Sports Betting. Betting on Games of Skill (Golf, Pool), Internet Gambling, Stock Market Speculation.

Getting Help: If you or someone you know has a gambling problem, you can get help. There are resources that can help you understand why you gamble so you can stop, cut down or change your gambling behavior.

Help for Problem Gambling is :

- Free of Charge and close to home.
- Available to anyone affected, not just the person gambling.
- Totally Confidential.
- Individual, In Groups, Couples or Family Counselling.
- Available by Telephone, or Residential Treatment programs.

Local Resource:

TriCounty Addictions: 613-283-7723 or
1-800-361-6948 or 613-345-7453

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

