

Manitoba Addictions Awareness Week

KNOW THE DIFFERENCE.....

For most people, gambling is an activity they enjoy occasionally as a form of recreation or entertainment. Many do not experience problems in their lives because they gamble. However, some people who gamble might develop problems in their lives because of gambling. Knowing the difference between entertainment gambling and problem gambling may help to protect you from developing behaviours that might put you at risk with gambling. Here are some thoughts to keep in mind if you choose to gamble. If you have any questions about your own gambling behaviour, a family member's or a friend's, call the Gambling Helpline at 1-800-463-1554 or 944-6229.

GAMBLING IS ENTERTERTAINMENT WHEN:

- ❖ You have fun when playing.
- ❖ You stay within a budget.
- ❖ You expect to spend money.
- ❖ It doesn't change your life at school, at work, at home, your friendships, or your physical and mental health.
- ❖ It's one of many entertainment options.
- ❖ You limit the amount of time spent gambling.

GAMBLING IS A PROBLEM WHEN:

- ❖ It becomes very serious and not much fun.
- ❖ You spend more money than you had planned to or can afford.
- ❖ Winning becomes very important.
- ❖ It changes your life at school, at work, at home, your friendships, or your physical and mental health.
- ❖ Gambling is the only activity you take part in.
- ❖ You hide how much and how often you gamble.

Remember: *Gambling is the only form of entertainment where the player has the responsibility of deciding how much time and money they are willing to spend.*

It's just a game.....Keep it fun

For additional information or to book a gambling awareness session for your classroom, contact your local AFM office.