

For support & more information about gambling, please visit:

- **Support in South Asian languages**
 - www.pchs4u.com | (905) 677-0889
 - www.paarc.com | (905) 629-1007
- www.responsiblegambling.org
- www.connexontario.ca | 1-866-531-260
 - 24/7 hour referral services
- www.camh.ca
- www.cmha.ca
- www.sochmentalhealth.com



@responsiblegamblingcouncil



@RGCouncil



@Responsible Gambling Council-
RGC



"We exist to ensure that gambling safeguards are in place, to promote the wellbeing of people and communities. We believe that gambling should never come at a human cost. We seek to influence positive change and advance responsible gambling and lead standards"

-Responsible Gambling Council



Jua Ki Hai?

***Gambling Harm
Prevention in the
South Asian Punjabi
Community***

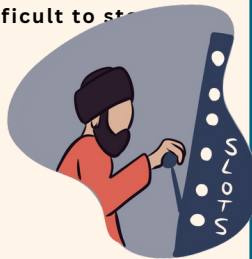


What is Gambling?

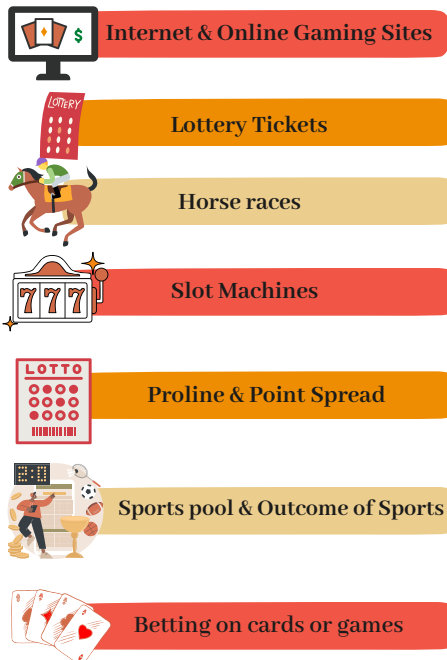
When you risk something of value on an event with an uncertain outcome.

Why Do People Gamble?

- 1 Some individuals may gamble because they need financial help.
- 2 Some people believe gambling will help them earn more money, quickly.
- 3 Some people may develop an addiction to gambling and find it difficult to stop despite the harm.
- 4 Not everyone will experience gambling harm. Some individuals gamble for fun or occasionally.



Types of Gambling



When Is Gambling a Problem?

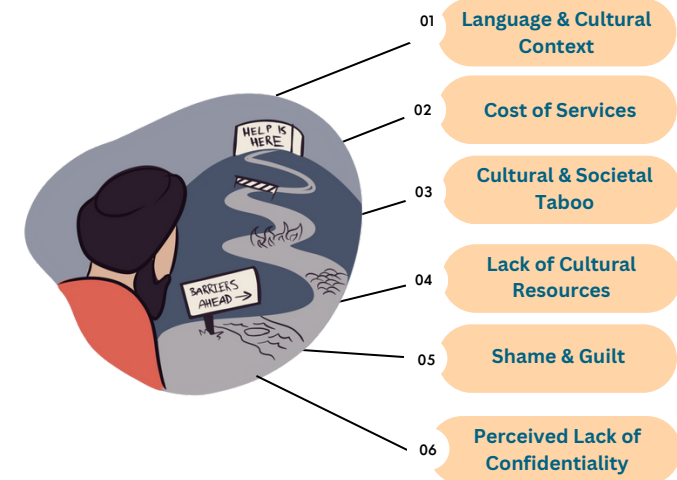
When you are spending more than you can afford

When you may find it difficult to stop gambling

When gambling begins to negatively impact other areas of your life



Barriers For the South Asian Community when Accessing Support for Gambling Harm



Gambling Stigma

Many factors may contribute to the reason those experiencing gambling harm may hesitate to ask for support.



Tips for Safer Gambling Play

- Don't gamble when you're upset or stressed
- Limit your alcohol and/or cannabis intake while gambling
- Know how the games work before you wager
- Set budget and time limits – there are tools available on many slot machines, mobile and internet gambling sites to help you monitor your play
- Take frequent breaks – move around, get some fresh air, have something to eat or a coffee
- Only gamble with money you have – never borrow money or use money intended for necessities, like rent or food
- Don't try to win back what you've lost
- Gambling is not a way to make money so don't think of it as a chance to win money for a trip, to pay bills or to pay off debt
- Stick to your budget by leaving your credit and debit cards at home
- Balance gambling with other recreational activities
- If you're no longer having fun, stop playing
- Don't depend on "good luck" strategies – they don't increase your chances of winning