

What are the risk factors?



The Harm of Gambling



Financial, emotional, social & familial challenges.

Fraud: Risk of unregulated platforms or scams.

Chasing losses: The urge to recover money lost during betting sessions.

TIPS

for Safer Gambling

Set Limits: Time and money caps can help manage gambling behaviours.

Know the Odds: Understand the probabilities before you bet.

Choose Regulated Platforms: Stick to licensed websites and apps.

Take Breaks: Limit prolonged betting sessions to stay in control.

Recognize Problem Gambling: Overspending or neglecting responsibilities.

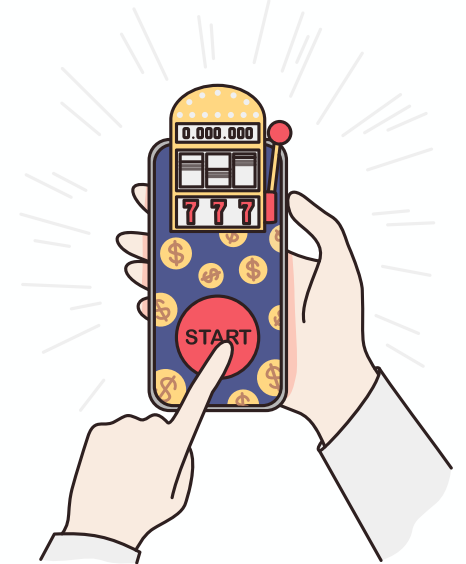
Resources



- <https://www.responsiblegambling.org/>
- www.pchs4u.com | (905) 677-0889
- www.paarc.com | (905) 629-1007
- www.connexontario.ca | 1-866-531-260
- www.camh.ca
- www.cmha.ca

Sports Betting & Online Gambling

What You Need to Know



info@sochmentalhealth.com



www.sochmentalhealth.com



[@soch_mentalhealth](https://www.instagram.com/soch_mentalhealth)



[@sochmentalhealth](https://www.facebook.com/sochmentalhealth)



What is Sports Betting & Online Gambling?

Sports betting involves placing wagers on the outcome of sporting events.



Online gambling includes games of chance and skill, available on digital platforms.

Who is More Likely to Bet on Sports?

- Young individuals (under the age of 44)
- Highly educated & high income individuals
- Males
- Individuals who are single
- Individuals who are tech savvy

...? **Does this surprise you?**

Who Bets Online?



Anyone can engage in online gambling, including casual bettors, regular players, and high-stakes gamblers.

What Motivates Someone to Gamble?

Entertainment: A fun and engaging pastime.

Thrill-Seeking: The excitement of taking risks.

Socializing: Connecting with others who share same interests

Profit-Making: The pursuit of financial gain.

Quiz Time

Question: Having knowledge of the game gives you an advantage when placing bets?



True



False

Having expert knowledge of the game can help you make more informed betting choices, **but** it does **not guarantee** who will win or lose. The outcome of the game is still **a gamble**.

The Illusion of Control

Many sports bettors mistakenly believe skill or effort guarantees wins, reflecting an **illusion of control** over random outcomes.

