Getting help costs nothing.

If the emotional and financial costs of gambling are getting too high for you or someone you care about, don't wait. Call the number below any time, 24 hours a day, 7 days a week, toll free, to talk to a professional counsellor. Your call will be kept private.

Nova Scotia Health Promotion and Protection's Problem Gambling Help Line

1-888-347-8888

1-888-347-3331 (TTY for the hearing impaired)

Contact a counsellor online at youarenotalone.ca (click on the Problem Gambling Help Line button).

Locate the Addiction Services office nearest you at addictionservices.ns.ca or look in the white pages under Addiction Services.

For information about financial counselling and other resources to help you, visit youarenotalone.ca and click on 'Resources'.

Visit our websites.

youarenotalone.ca

yellowflag.ca

NOVA SCOTIA
Health Promotion and Protection

Addiction Services

Straight Facts...
About Gambling

Lottery Tickets

what's the real risk?

Toll free 1-888-347-8888 • 1-888-347-3331 (TTY)

youarenotalone.ca

There's a lot of lottery going on.

The way we play lottery in Nova Scotia has changed a great deal in a short period of time. It used to be there was one lottery draw once a week. Then two. Then three. Now there are lottery draws every day of the week – in fact, there are several draws each day.

You can even buy the tickets online now through the lottery's website, which offers extra games that are only available online.

And all of this is on top of the scratch 'n' win and break-open tickets that are still available at the booth.

That's a lot of lottery going on.

Isn't lottery a "safer" way to gamble?

There was a time when that answer may have been yes. But not anymore.

Any type of gambling that can be played on a frequent basis poses a greater risk of becoming a problem. With weekly draws, we have to wait seven days between plays. But now we can play seven days a week, several times a day. That doesn't give anybody enough time to really think about how much money they're spending on lottery.

And if they're playing more than one daily game, they could be spending a lot. For many Nova Scotians, lottery has gone from being a little bit of weekly fun to a daily problem.

Want proof? Back when lottery was weekly, one in 250 people who played developed problems. When lottery introduced a new daily draw called Keno, within six months one out of 50 people who had played did.

Anyone can develop a gambling problem.

Advertising and other marketing media regularly feed us images of happy, popular people who all enjoy gambling as part of their lives with no problems. These ads never show us the other side of the story. So when someone does develop a problem, they often think they are alone in their inability to handle gambling. And that can keep them from reaching out for help.

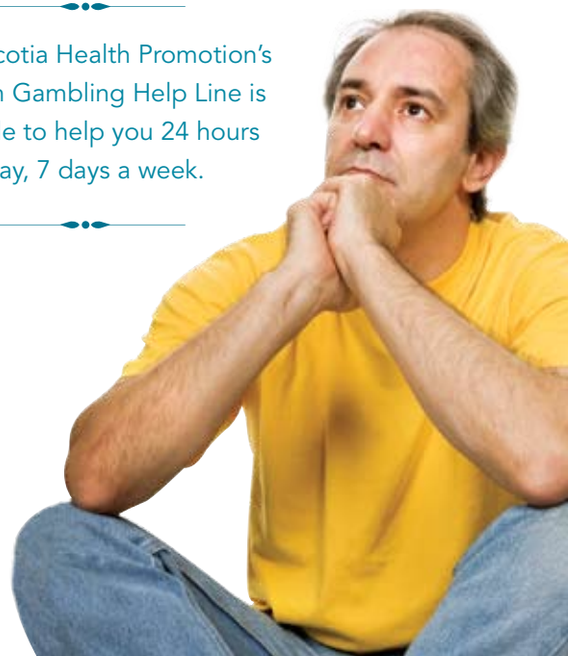
It doesn't matter how old you are, or what you play, anyone can develop a problem with gambling. Many Nova Scotians already have. If you have a problem, you are not alone.

"Gambling addicts are viewed as uneducated people who don't have a grip on life. Oh my, how society is wrong."

I think I have a problem. What do I do now?

- Keep a gambling log. Write down how much money you spend so you can see how much gambling is really costing you. Keep track of how many times you visit the ATM to get more money to gamble.
- Set a limit on how much money you will spend on gambling each month. Treat it as your entertainment budget. When you've spent it: stop.
- Understand that there is no such thing as lucky numbers. No matter what numbers you play, your odds of winning the top prizes are slim.
- Go to the Problem Gambling website (youarenotalone.ca) to take a self-assessment quiz and to learn more about the risks and realities of gambling.
- Get a copy of *Winning Within: A Self Help Guide To Changing Gambling Behaviours*, available on the problem gambling website, and follow the suggestions to make a plan to control your gambling.
- Talk to someone you trust about your plan to change your gambling behaviour. Ask for their support to help you make this change.

Most importantly, remember you don't have to go through this alone. Call the Problem Gambling Help Line for support. Or, if you would prefer to meet someone in person, call your local Addiction Services office.

"I learned that in order to overcome this, I had to quit counting the days and focus only on today."

Nova Scotia Health Promotion's Problem Gambling Help Line is available to help you 24 hours a day, 7 days a week.