

## **Mixed feelings about gambling are a warning signal. Know the signs before it becomes a problem.**

*Responsible Gambling Council focuses on paying attention to how gambling feels during **Problem Gambling Prevention Week** which runs in 18 cities across Ontario from September 25 to November 5, 2017.*

September 25, 2017 (Toronto, ON) – People who experience mixed feelings about gambling, such as guilt, anxiety or frustration, are encouraged to know the signs and recognize they are important warning signals.

According to the Responsible Gambling Council (RGC), these feelings are there for a reason. Ignoring them can only make a situation worse – impacting not just the person but also family and friends. That's why it is important to pay attention to how gambling makes you feel – before it becomes a problem.

RGC research shows that approximately 3.4 per cent of Ontarians have a moderate to severe gambling problem. This means that about 457,450 adults in Ontario are estimated to be negatively impacted.

“Many people think it's just a matter of time until they'll hit the jackpot,” says Shelley White, CEO, Responsible Gambling Council. “The truth is that some people gamble to the point that they damage their finances, relationships and health. Problem gambling can be financially and emotionally devastating for the individual involved and the most important people in their lives.”

During Problem Gambling Prevention Week, RGC is urging people to know the signs and listen carefully to how they feel about their gambling. The educational campaign includes tips on how people can take direct action to protect themselves and get free, confidential help.

### **Warning signs may include:**

- Feeling guilty, anxious, frustrated or worried about gambling
- Thinking or talking about gambling more than usual
- Gambling more to win back losses
- Experiencing extreme highs from gambling wins and extreme lows from gambling losses
- Getting irritated more easily or having less patience when dealing with normal, everyday activities

The good news is that paying attention to how you feel about your gambling is the first step to early detection of a potential gambling problem.

For more about the emotional and behavioural signs to watch for and how to protect yourself, go to [www.knowthesigns.ca](http://www.knowthesigns.ca)

### **Problem Gambling Resources**

Ontario residents can access local help at:

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

### **About the RGC**

The Responsible Gambling Council (RGC) is an independent non-profit organization dedicated to problem gambling prevention. RGC works to reduce gambling risks by creating and delivering innovative awareness and information programs. It also promotes the adoption of improved play safeguards through best practices research, standards development and the RG Check accreditation program. RGC is committed to bringing together all perspectives in the reduction of gambling problems, including those of people with firsthand experience with gambling problems, gaming providers, regulators, policy makers and treatment professionals.

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**For more information or to set up media interviews please contact:**

Dave Bennett  
Xposure PR  
[dave@xposurepr.com](mailto:dave@xposurepr.com)  
905.339.6668

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