

5-Item Short Gambling Screen*

Centre for Addiction and Mental Health

1. In the past 12 months, have you gambled more than you intended?

Yes___ No___

2. In the past 12 months, have you claimed to be winning money when you were not?

Yes___ No___

3. In the past 12 months, have you felt guilty about the way you gamble, or about what happens when you gamble?

Yes___ No___

4. In the past 12 months, have people criticized your gambling?

Yes___ No___

5. In the past 12 months, have you had money arguments that centred on gambling?

Yes___ No___

* Two or more “yes” responses indicate that there may be a problem with gambling and the patient should be referred for an assessment.

The Ministry of Health and Long-Term Care funds 49 agencies across Ontario to provide specialized problem gambling treatment programs. These programs are free and offer a variety of services, such as individual, group and phone counselling. Counselling is also available to family members when the person with the gambling problem chooses not to access treatment.

For the program nearest to you, call the **Ontario Problem Gambling Helpline** at **1-888-230-3505**.