

5 Finding Help

To address the problems associated with gambling, the government of Ontario through the Ministry of Health and Long Term Care has committed funds for research, prevention and public awareness, counselling and training.

Counselling is available:

- free of charge and close to home
- to anyone directly affected by problem gambling—not just the person who gambles
- confidentially—you can ask your counsellor about the limits of confidentiality
- to meet your schedule
- individually, in groups, and through couple and family counselling
- by telephone in some areas.

Clients who are actively involved in counselling report that it has helped them to identify their gambling triggers and restore balance to their lives. Having a private, supportive and non-judgmental relationship with a skilled therapist helps them undertake the difficult challenge of restoring order. Through counselling, they report feeling better equipped to deal with life stressors.

The Problem Gambling Helpline 1 888 230-3505

This free, confidential and anonymous service is open 24 hours a day, seven days a week. The service provides information and referrals to problem gambling counselling services, credit, and debt counselling services, telephone-counselling services and self-help organizations such as Gamblers Anonymous and Gam-Anon. Call any time to ask about services in your area. Information is available in more than 140 languages.

Contact the **Centre for Addiction and Mental Health**—Problem Gambling Project for a free copy of *Problem Gambling: The Issues, the Options* and *Problem Gambling: A Guide for Families*. Call 1 888 647-4414.