

Make the Connection

 **ProblemGambling.ca**

Welcome to
ProblemGambling.ca



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Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

ProblemGambling.ca, Ontario's new, bilingual online resource for information and resources in the field of problem gambling.

Supported by the Centre for Addiction and Mental Health (CAMH), **ProblemGambling.ca** is an informative, collaborative space where physicians, patients and helping professionals find answers, direction and community.

Don't risk missing the signs of problem gambling.

Make asking patients about their gambling habits as routine as asking about alcohol or tobacco. A handy questionnaire is included on the back of this flyer.

Indications that your patient may have a problem with gambling include:

- Depression
- Headaches
- Back pain
- Gastrointestinal disorders
- Insomnia
- Diet and nutrition issues

Visit ProblemGambling.ca for screening tools and links to helpful resources, including accredited continuing education workshops and free resources for patients through the Problem Gambling Project of CAMH.

And tell your patients about the **Ontario Problem Gambling Helpline at 1-888-230-3505**. It's confidential, anonymous, and open 24 hours.

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Short Gambling Screen

**In the past 12 months,
have you...**

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1. Gambled more than you intended?

2. Claimed to be winning money when you were not?

3. Felt guilty about the way you gamble or about what happens when you gamble?

4. Had people criticize your gambling?

5. Had money arguments that centred on gambling?

- Two or more “yes” responses indicate that there may be a problem with gambling. The patient should be referred for an assessment.
- Call the Ontario Problem Gambling Helpline at 1-888-230-3505 for problem gambling treatment services in your area.

**FOR MORE
INFORMATION
PLEASE
CONTACT:**

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