

MÉTIS NATION OF ONTARIO

MÉTIS SENIORS - GAMBLING

Quick Facts

In 2011 research was conducted by the MNO on the impacts of gambling with Métis Seniors. This has provided interesting findings:

- Almost 50% of Métis seniors know someone that has a gambling problem.
- Almost 20% of Métis seniors indicated that problem gambling has caused problem in their families.
- Many Métis seniors hide gambling problems

Popular Activities

The most common gambling activities reported by Métis seniors, in order from most common to least include:

1. Raffle Tickets
2. Lottery Tickets
3. Scratch Tickets
4. Slot Machines
5. Bingo
6. Sports Betting

Know the Risk

Although 63% of Métis seniors indicated that they have responsible gambling habits, gambling concerns are much higher than the average for mainstream seniors.

Research indicates:

- 20% are low risk gamblers
- 9% are moderate risk gamblers
- 8% are problem gamblers

GETTING HELP

If you would like a workshop or are concerned that gambling may be getting out of hand or has caused you difficulties confidential help and assessments are available. Please contact our G-GAP specialized team at ggap@metisnation.org.

MNO 24-Hour Mental Health and Addictions Crisis Line: 1-877-767-7572

For Metis culturally specific mental health and addiction supports for adults, youth and families in Ontario in both English and French.

ConnexOntario: 1-866-531-2600

Support and referrals available in multiple languages

Gaming-Gambling Awareness Program (G-GAP)

Email: ggap@metisnation.org

www.metisgaming.com

www.metisnation.org



Métis Nation of Ontario
Healing and Wellness

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