

MÉTIS NATION OF ONTARIO

WHAT IS GAMBLING?

Gambling is when a person makes a decision to risk losing something of value, usually money or belongings, with the hope of gaining something of greater value. Whether you are winning or losing, results when gambling are out of your control and winning is by chance.

Métis Nation of Ontario research conducted in 2011 indicated that the most common forms of gambling in the Métis community, in order are:

- Lottery, scratch and pull tab tickets
- Bingo
- Slot Machines
- Casino Games (i.e. blackjack, roulette, craps)
- Sports Betting
- Card Games played with money (i.e. Texas Hold'em)
- Draws (i.e. 50/50)

WHAT IS PROBLEM GAMBLING?

Problem gambling happens when your gambling habits start to negatively impact your life or the lives of those around you. Some warning signs that your gambling may be getting out of control include:

- Missing family events to gamble
- Ignoring self-care, work, school or family
- Borrowing or stealing money, selling or losing personal items to gamble
- Lying about being at the casino or Bingo Hall
- Lying about how many lottery tickets you buy
- Always thinking about or being distracted with thoughts of gambling
- Feeling stress, anxiety and or having mood swings
- Bills unpaid and financial problems
- Lying about being sick and missing work or school to gamble

Our Gaming-Gambling Awareness Program (G-GAP) is offered in community offices across the province. For more program information, to book a workshop, or if you are concerned that gambling may be getting out of hand or has caused you difficulties, confidential help, support, and assessments are available: ggap@metisnation.org

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

or

ConnexOntario: 1-866-531-2600 (available in multiple languages)

For more information:

Gaming-Gambling Awareness Program (G-GAP)

ggap@metisnation.org

www.metisgaming.com

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Métis Nation of Ontario
Healing and Wellness

Métis Nation
of Ontario 
— 25 YEARS —