

MÉTIS NATION OF ONTARIO

RESPONSIBLE GAMBLING TIPS

Plan Ahead: Arrange your day and evening ahead of time and plan other leisure activities in addition to gambling.

Set a Time Limit: Before you gamble pick and stick to your time limit. Wearing a watch, setting your phone alarm, or have someone call or pick you up.

Set a Money Limit: Use only money set aside for entertainment and stick to it. Do not use money needed for food, bills or other necessities. To help you stick to your set limit, leave your debit and credit cards at home.

Be Self-Aware: Gambling to escape other life problems doesn't work. Check in with yourself before you start to gamble. Are you feeling lonely, anxious or depressed? Do not gamble if you are experiencing anxiety, depression, pain or loss.

Take Frequent Breaks: Leaving a game, machine, table or your computer to take a break is important because that time away allows you to check your limits to make sure you aren't over in time or money. If you find you are feeling anxious, frustrated or depressed you may want to call it a day and go and do something else.

Balance Gambling with Other Activities: You're more likely to enjoy the time you spend gambling if gambling isn't your only form of entertainment. It is no fun to keep losing money. If you're playing for fun and you win, it's nice to use that windfall for other things. If you balance gambling with other activities you are less likely to let it interfere with your work or your relationships with friends and family.

GETTING SUPPORT: Our Gaming-Gambling Awareness Program (G-GAP) is offered in community offices across the province. If you are concerned that gambling may be getting out of hand or has caused a loved one difficulties, confidential help is available. Please contact ggap@metisnation.org for support, assessments or workshops.

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.

For more information: Gaming-Gambling Awareness Program (G-GAP)

www.metisgaming.com

Email: ggap@metisnation.org

Métis Nation of Ontario

www.metisnation.org



Métis Nation of Ontario
Healing and Wellness

Métis Nation
of Ontario 
— 25 YEARS —