Stay Safe. Play Safe.

What You Need to Know About Gambling and COVID-19

With social distancing guidelines in place and casinos temporarily closed, online gambling has increased significantly. As we spend more time at home, often alone with far fewer distractions, it's especially important to recognize the warning signs of a gambling problem.

Before you gamble, prepare yourself:

- Be self-aware – check in with yourself. Don’t gamble when you’re upset or stressed. Gambling is not recommended if you suffer from anxiety or depression.
- Gambling is not a way to make money so don't think of it as a chance to win money for a trip, to pay bills or to pay off debt.
- Decide on a time and budget before you begin. Use the site's pre-commitment tools to set a loss limit and a win limit and stop when you reach those limits.

While online, here are some tips to help you play safer:

- Limit or avoid alcohol and/or other substances while gambling online.
- Take frequent breaks – move around, get some fresh air, have something to eat or a coffee.
- Don’t try to win back what you’ve lost.

For other safer gambling tips, visit responsiblegambling.org.

If you or a loved one is gambling online, here are some precautions to take to minimize the risks:

Use these useful online tools to learn about your own play and keep it safer:

To know how much your gambling is costing you over time, find out here.

To learn how your gambling compares to others, take this two-minute Gambling Self-Assessment Quiz here.

Learn to spot the warning signs of a gambling problem before it starts to impact your life:

- Feeling guilty, anxious, frustrated or worried about your gambling.
- Gambling to win back money you’ve lost or thinking that a “big win” is right around the corner.
- Responsibilities because of gambling.

For more warning signs, visit responsiblegambling.org.

GETTING HELP

If you're concerned about your gambling, or the gambling behaviours of someone you care about, you can get help or just get answers to your questions by calling this free and confidential helpline, available 24/7 (with service in 170 languages):

ConnexOntario: 1-866-531-2600

This message is brought to you by the Responsible Gambling Council in support of all treatment centres across the province. RGC is an independent, non-profit organization dedicated to the prevention of problem gambling. For over 35 years we have worked to put safeguards and support in place for those who gamble.

Visit responsiblegambling.org to learn more.