

# SOME PEOPLE ARE MORE LIKELY TO EXPERIENCE HARMS FROM GAMBLING



## LRGG Lower-Risk Gambling Guidelines

These guidelines were developed using the most current and highest quality scientific evidence available.

TO REDUCE YOUR RISK, FOLLOW ALL THREE OF THESE GUIDELINES:



**1%** Gamble **no more than of household income** before tax per month

**4** Gamble no more than **days per month**

**2** Avoid regularly gambling at **more than types of games**

### FOR THESE GUIDELINES, GAMBLING MEANS ...

playing a game of chance for money. Familiar forms of gambling include lotteries, sports betting, table games, slot machines, video lottery terminals (VLTs) and online forms of gambling like poker.

WHEN DEVELOPING THE LOWER-RISK GAMBLING GUIDELINES, **A REVIEW OF OVER 250 STUDIES** FOUND THAT SOME PEOPLE ARE AT GREATER RISK OF HARMS.



### SPECIFICALLY, IF YOU

Experience problems with anxiety or depression



Experience problems from alcohol, cannabis or other drug use



Have a personal or family history of problems with gambling



Gamble to escape problems

Visit [www.gamblingguidelines.ca](http://www.gamblingguidelines.ca) for more information.

... you should consider gambling less than these guidelines recommend or not at all.

These guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.