

## HAVE OTHER QUESTIONS?

To learn more, visit [GameSenseAB.ca](http://GameSenseAB.ca) visit a GameSense Info Centre, located in all Alberta Casinos and Racing Entertainment Centres, (RECs), or visit [GameSenseAB.ca](http://GameSenseAB.ca). At any time, call the 24-hour, toll free Alberta Health Services Addiction Helpline at 1-866-332-2322 for referral services.

WHERE TO FIND INFORMATION AND SUPPORT TO MAKE SURE gambling stays fun.



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Find resources, tools and support at a GameSense Info Centre.

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# What is the GAMESENSE INFO CENTRE?

Located in all casinos and RECs in Alberta, GameSense Info Centres are facilities that provide a variety of resources to help ensure gambling is a fun, affordable source of entertainment. GameSense Info Centres offer a range of interactive learning tools to help you understand how gambling works, including the rules of different games, the odds of winning and how randomness and unpredictability play a major part.

GameSense Info Centres are staffed with knowledgeable and helpful GameSense Advisors, who can answer gambling-related questions and help you find additional support when it's needed. We can help you with:

- Tips to help you keep gambling fun.
- The odds of winning and losing.
- How different games work.
- How randomness influences outcomes.
- What "house advantage" means and how it impacts what you can expect to lose or win.
- Confronting the many myths about gambling.

## Know the Warning Signs

The signs below may indicate a problem. The more signs a person shows, the greater the likelihood that he or she may have lost control of their gambling.



- **Gambling for longer and longer periods of time.**
- **Lying about how much or how often they gamble.**
- **Missing work or school to gamble.**
- **Neglecting personal or family responsibilities to gamble.**
- **Using gambling as an escape.**
- **Gambling with money needed for paying bills.**
- **Spending more money to recoup losses.**

## Finding Support

There are steps you can take if you or someone you care about would like more information or support. The 24-hour, toll free Alberta Health Services Addiction Helpline at 1-866-332-2322 is available for referral services.

## Self-Exclusion

Sometimes gambling stops feeling like a game. If you feel this way or find yourself gambling too much, the Self-Exclusion program may be right for you. When a person enrolls, they choose a period of time to exclude themselves from all Alberta Casinos and RECs, for either six months, one year, two years, three years or five years. Talk to a GameSense Advisor or a casino staff member for more information.