

The most successful program of recovery for the Compulsive Gambler is that of Gamblers Anonymous and of the allied program of Gam-Anon for spouses, parents, children and concerned friends.

Thousands of recovering Compulsive Gamblers are now living happy, productive lives as a result of referrals by informed friends and professionals to Gamblers Anonymous. However, thousands of sick Compulsive Gamblers still languish in prisons and in mental hospitals or live amidst disrupted family situations suffering from an illness that is unrecognized and untreated.

Compulsive gambling is now medically recognized as an illness throughout the world. There are many specialized treatment clinics to combat this illness.

FINANCIAL SUPPORT

The Canadian Foundation on Compulsive Gambling proposes a program to reduce and prevent compulsive gambling by mobilizing public support through personal contributions, through industry and governments and through religious and professional groups concerned with the waste of compulsive gambling. There is something concrete you can do through your financial support of this Canadian Foundation On Compulsive Gambling program.

The Canadian Foundation On Compulsive Gambling is incorporated in Ontario. Registered as a charitable organization, it is supported by the government of Ontario, public, private and membership donations which are its only sources of funding. It needs your donation which is tax deductible under the Income Tax Act (Registration Number 0657767-09-13).

FOR FURTHER INFORMATION WRITE OR CALL

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FOR INFORMATION ABOUT PROBLEM GAMBLING TREATMENT RESOURCES, CALL:

ONTARIO PROBLEM GAMBLING HELP LINE

Toll Free: 1-888-230-3505

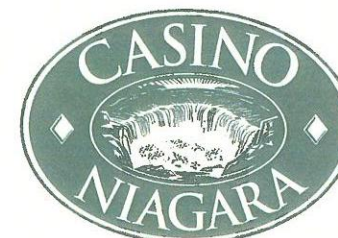
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**“Gamble
with your
head, not
over it!”**



**CANADIAN FOUNDATION
ON COMPULSIVE GAMBLING
(ONTARIO)**



Compulsive gambling occurs much more frequently than Canadians realize.

Compulsive gambling costs millions of dollars in lost time, broken homes and criminal activity. Conservative estimates indicate at least three percent of North America's adult population are Compulsive Gamblers.

A Compulsive Gambler not only affects his own actions but his family, friends and fellow workers as well. The condition, which usually has its beginnings in early adolescence, does not become known to others until it has progressed to the point of serious debts and neglect of other responsibilities including the gambler's health. Community awareness may only follow bankruptcy or criminal acts.

The Compulsive Gambler feels a need to gamble for the "high" he experiences; winning or losing has much less importance to him. He loses control over a passion for taking high financial risks and this leads to a chaotic life with gradual loss of financial and social support. The results usually lead to jail, suicide, alcohol or drug addiction and social ostracism.

Here are the questions that can help you identify a compulsive gambling problem.

Ask yourself or someone you know...
Are you gambling now? Are you in debt?
Could you be in trouble with the law?
Do you have illegal entanglements?
Is your job at risk?
Are your personal relationships suffering?
Is your spouse threatening to leave you?

Are you anxious or depressed?
Do you feel you have nowhere to turn?
Are you at the end of your rope?
Is the central or common cause of your problems your gambling addiction?

THEN CONSIDER:

Do you need help with your gambling problem - to manage your life? Are you ready for help? Help is available.

The Canadian Foundation on Compulsive Gambling (C.F.C.G.) has the following objectives:

PUBLIC EDUCATION

To increase awareness of compulsive gambling among:

- families, community and service club leaders with special emphasis on students;
- professionals in contact with Compulsive Gamblers - physicians, psychologists, clergy, lawyers and social workers;
- industry - top management, supervisors, personnel and health service staff members and officials from organized labour;
- government - social welfare and health services.

TREATMENT

- to foster treatment facilities

RESEARCH

- to foster investigation of the incidence and nature, the causes and treatment of this condition in order to make education, treatment and prevention increasingly effective.

PREVENTION

With increased knowledge in terms of cause, prevention and cure, we believe many of the disastrous effects of compulsive gambling can be avoided.

The unanswered question is "under what circumstances does compulsive gambling begin?"

Unless recognized and treated, the outcome is destructive of the gambler's personal life as well as the lives of his family and community.

The costs of the disease of compulsive gambling are staggering in terms of:

- Time lost involved in gambling;
- Money lost due to gambling;
- Debts which multiply;
- Productivity decreased through work habit deterioration;
- Criminal acts committed;
- Self-esteem diminished;
- Health - lack of self-care and stresses leading to physical and emotional deterioration;
- Personal Relationships destroyed and families broken up.

The Compulsive Gambler does not always recognize his/her symptoms as an identifiable and treatable weakness. It is hard to admit to oneself that gambling has become uncontrollable. It is more often first recognized by the spouse, parent or friend because they become the victims.