

# WHAT FACTORS PUT YOU AT RISK FOR GAMBLING PROBLEMS



Many known risk factors can lead to gambling problems or make it harder for you to stop or reduce your gambling. The more risk factors apply to your situation, the more caution you may need to take in your gambling. Risk factors for problem gambling include:

- a big win early in your gambling history
- money problems
- a recent loss, such as divorce, death, job loss or retirement
- loneliness/lack of support and chronic boredom
- lack of direction in life or limited hobbies
- a pattern of risk taking or impulsive behaviour
- a pattern of using gambling or drugs to avoid or cope with negative feelings or events
- mental health problems, such as depression and anxiety
- experience of abuse or trauma
- a personal history of or current problems with alcohol, other drugs, gambling and/or overspending
- a family history of problems with alcohol or other drugs and/or gambling
- mistaken beliefs about the odds of winning at gambling
- a preferred form of gambling that is easy to find and access
- not tracking wins and losses.

**Counselling can help you resolve problems caused by gambling and consider ways to lower your risk by stopping, reducing or changing your gambling.**

Contact **ConnexOntario** at 1 866 531-2600 for information on problem gambling counselling and related resources in your community. Services are free, confidential and offered in many languages.

## References:

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