



True or False answers

Seniors & Gambling

Test your knowledge about gambling in Nova Scotia. Questions are from the *2007 Adult Gambling Prevalence Study*.

True or False (answers on reverse)

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1. There are 7 forms of legalized gambling in Nova Scotia.
2. About one third of Nova Scotians gamble once per week or more.
3. Men are more likely to gamble than women.
4. Bingo is not considered an addictive form of gambling.
5. The risk for problem gambling declines with age.

Want to know more?

Ask for Community Links report:
Seniors and Gambling: A Hidden Problem

Call 902-422-0914 or view it on our website
www.nscommunitylinks.ca

For reports and other information on gambling, visit the Gambling Awareness Nova Scotia site: www.TogetherWeCanWin.ca

1. **True** These are provincial lotteries, VLT's, Bingo, casinos, charity raffles, harness racing, and First Nations Gaming
2. **True** 33.6 % of Nova Scotians reported that they gamble once per week or more. These regular gamblers account for 95% of provincial gambling revenue.
3. **False** Men and women gamble more or less equally. However, men are more likely to become problem gamblers.
4. **False** Although Bingo is generally a less addictive form of gambling, regular Bingo players (mostly women age 55+) are at some risk.
5. **True** Problem gambling is highest among those under 35.

The Problem Gambling Help Line

1-888-347-8888
1-888-347-3331 (TTY)
Confidential and free.


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GAMBLING AWARENESS
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Gambling Awareness Nova Scotia



Seniors & Gambling Are you at risk?

There is no age limit on problem gambling.

Do you or someone you know have any of these signs of problem gambling?

- being secretive about gambling
- gambling more than before
- withdrawing from family and friends
- not being able to pay bills
- neglecting personal appearance
- feeling depressed or anxious
- talking about "winning it all back"
- skimping on groceries and other needs
- borrowing money from family and friends
- being defensive when asked about gambling
- wanting to stop, but not being able to

Help is available
Suggestions on reverse of this card

Need Help?

Talk to a trusted friend,
family member or clergy.

The following services are
also available to you.

The Problem Gambling Help Line

1-888-347-8888

1-888-347-3331 (TTY)

Confidential and free.

Addiction Services

Capital Region

Central Information and Referral Line

Your call will be directed appropriately.

(902) 424-8866

1-866-340-6700 (toll free)



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