



LRGG

Lower-Risk Gambling Guidelines

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

To reduce your risk of experiencing harms from gambling, follow all three of these guidelines:

1

HOW MUCH

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

Yearly household income	Maximum monthly amount
\$10,000	\$8
\$30,000	\$25
\$50,000	\$42
\$70,000	\$58
\$90,000	\$75
\$110,000	\$92
\$130,000	\$108
\$150,000	\$125

and

4

HOW OFTEN

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

and

2

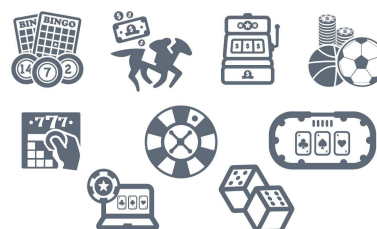
HOW MANY

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

WHAT YOU PLAY MATTERS

- ▶ Fast-paced games that involve quick and repeated betting can more quickly and easily lead to problems.
- ▶ For example, with many forms of online gambling, slot machines, electronic gaming machines and poker, people can spend large amounts of money in a short time.

GAMBLING TYPES INCLUDE THE FOLLOWING:



HOWEVER, these limits may not be suitable for you. You should consider gambling less than these guidelines recommend or not at all if you ...

- ▶ Experience problems from **alcohol, cannabis or other drug use**
- ▶ Experience problems with **anxiety or depression**
- ▶ Have a **personal or family history** of problems with gambling

SAFER GAMBLING TIPS

- Try to **limit your consumption of alcohol**, cannabis and other drugs while gambling. This will make it easier to stick to the guidelines.
- Try to **limit your access to money**. Consider leaving credit and debit cards at home. There are also apps that can prevent your phone from making payments.
- Try to **schedule activities** right after gambling sessions, which can set a limit on the amount of time you have to gamble.
- **Gambling with other people can affect how you gamble**. Think about how having gambling companions or gambling alone might impact you.
- **Entertainment money**. It is important to keep in mind how much money you are able to spend on entertainment when deciding how much to gamble.
- **Set limits**. If you have a big trip or special event coming up where you'll be gambling, plan ahead, remember the guidelines and set limits.



WHAT ARE THE NEGATIVE CONSEQUENCES (HARMS) RELATED TO GAMBLING?

Losing money is the gambling harm that first comes to mind. But gambling can lead to other harms:

- Relationship conflicts, such as neglect of relationship, social isolation, arguing with your spouse
- Emotional distress, such as feelings of guilt, loneliness and isolation.
- Health problems, such as problematic use of alcohol or other drugs

Following these guidelines can help reduce your risk of gambling harms.

THINK ABOUT YOUR REASONS FOR GAMBLING

Is it for fun? If you're gambling to escape problems, you're more likely to experience harm from gambling and might find it harder to stick to the suggested limits.

Visit www.gamblingguidelines.ca for more information.

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