

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

HAVE OTHER QUESTIONS?

To learn more, visit casinoregina.com/gamesense, visit a GameSense Info Centre located in Casinos Regina and Moose Jaw, or call 306-787-2122 for more information.

At any time, call the Problem Gambling Help Line at 1-800-306-6789 or visit problemgamblinghelp.ca for free confidential support. Live chat and texting options are available.



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

What is the GAMESENSE INFO CENTRE?

Located in Casinos Regina and Moose Jaw, 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.

Our info centres are staffed with a knowledgeable and helpful Manager of Responsible Gambling, who can answer most 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

Call 306-787-2122 to find out the manager's hours and availability.

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 Problem Gambling Help Line at 1-800-306-6789 is available for confidential support and referral services or visit problemgamblinghelp.ca for more information. Our Manager of Responsible Gambling can also help guide you in the right direction. You can call 306-787-2122 to find out when the manager is onsite and available.

Voluntary Self-Exclusion

Sometimes gambling stops feeling like a game. If you feel this way or find yourself gambling too much, the Voluntary Self-Exclusion program may be right for you. When a person enrolls, they choose a period of time to exclude themselves from all casinos in the province of Saskatchewan—for either six months, one year, two years, up to five years. Talk to the Manager of Responsible Gambling or any staff member for more information.