

Gambling

Gambling may give you the feeling of being invincible, in control and powerful, but in reality, you're leaving everything to chance!

How much do you really know about tricks and strategies? Consider these facts:

> **Online gambling:** It is generally recognized that the chances of winning are lower on sites where people can bet money than on practice sites, where people can play without betting money.

> **Poker:** Skill and chance each play a role. Between two "equally matched" opponents, the winner will be decided by chance.

Get to the heart of the matter:

How do you behave when playing games of chance or gambling? If any of this is hitting home, you should think about how you behave with respect to games of chance and gambling, and talk to someone who you trust.

When gambling isn't a game anymore...

The lottery, bingo, video lottery terminals and card games among friends can become problematic when they create more pain than pleasure in life.

Compulsive gambling unlike other dependencies, when you have a gambling problem, your breath doesn't smell like alcohol and you don't have red eyes or other visible signs that are easily recognizable. But here are a few signs:

- Thinking incessantly about gambling.
- Needing to play with increasing amounts of money to reach the desired level of enjoyment.
- Making repeated, but unsuccessful, efforts to control, reduce or stop gambling.
- Feeling agitated or irritable when trying to cut down or stop gambling.
- Gambling to avoid problems or to find relief from awkward feelings or anxiety.
- Chasing your losses.
- Lying to family or friends to hide the real depth of the gambling habits.
- Committing illegal acts to support a gambling habit.
- Risking or losing a meaningful emotional relationship, a job or academic opportunities because of gambling.
- Depending on others to get out of financial difficulties related to gambling.

Examine the question, identify the topic, examine the issue from every angle, get to the heart of the matter... It might help you get out of harm's way!

If any of this is hitting home, think about your own behaviour. Be honest with yourself. Talk about it with someone you trust.

You can also get help from these three free and confidential services, 24 hours a day, 7 days a week:



Tel-jeunes
1-800-263-2266

In the Montréal area:
514-288-2266

Drugs: Help and Referral
1-800-265-2626

In the Montréal area:
514-527-2626

Gambling: Help and Referral
1-800-461-0140

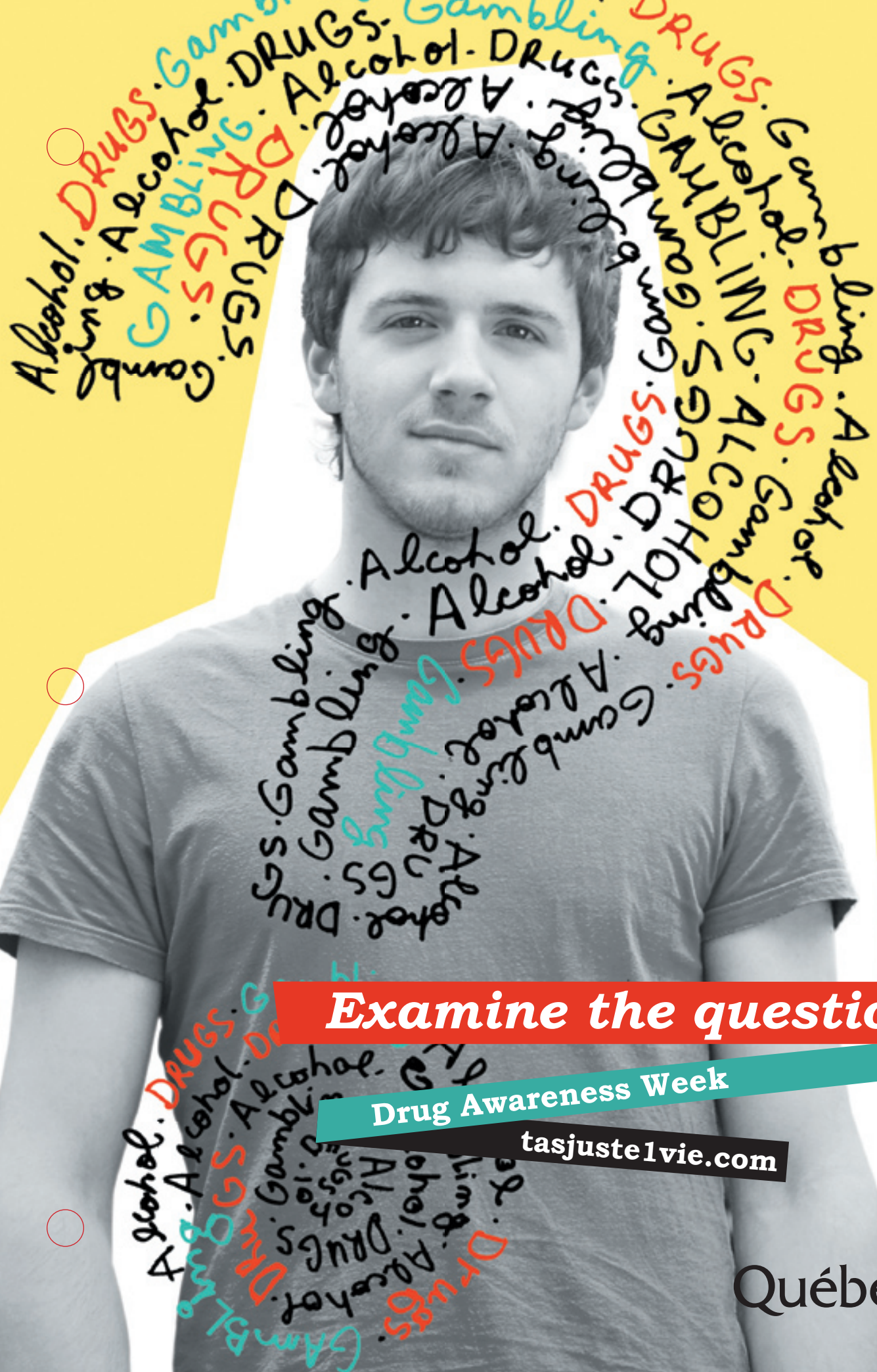
In the Montréal area:
514-527-0140

Also, to discover tons of tips on how to stay clear of any kind of dependency, visit:

dependances.gouv.qc.ca
parlonsdrogue.com
tasjuste1vie.com

Santé
et Services sociaux
Québec

With the participation of:
• ministère de l'Éducation, du Loisir et du Sport



Examine the question

Drug Awareness Week

tasjuste1vie.com

Québec

Not everyone behaves the same when it comes to the consumption of alcohol or other drugs. Some never take any, while others may try a little bit one time, and never do it again.

For those who use drugs, pleasure is the most common reason that they give. However, this does not mean that there is no risk associated with their use. Even if someone only takes them for pleasure, it can have a negative effect on many aspects of their life.

The boomerang effect

Like a boomerang that comes back to you when you throw it, substance abuse may have negative repercussions. For example:

- > An unprotected or unwanted sexual relationship, which may lead to a **sexually transmitted infection** or an unwanted pregnancy.
- > **Injuries** following a fight or a car accident, for example.
- > **Physical health problems** (digestive problems, nasal irritation, overdose, etc.).
- > **Psychological problems** (worry, anxiety, depression, suicidal thoughts, etc.).
- > **Academic problems** (lack of motivation, absenteeism, poor marks, suspension, dropping out, etc.).
- > **Interpersonal problems** with friends and family.

con-sequences

Examine the question:

Have you experienced negative consequences related to substance abuse? Have you ever wanted to stop taking drugs because of the negative effects of using them?

Recognize your risk factors and protective measures!

Some things in your life may harm you or help you. By learning more about them, you can recognize them.

And

> Risk Factors

Elements that increase the likelihood of a substance abuse problem appearing.

For example:

- Family conflicts
- Relationships with people who use substances
- Starting to use substances at an early age
- Low self-esteem

It is generally recognized that accumulating several risk factors can lead to a substance abuse problem.

> Protective Measures

Elements that reduce the likelihood of a substance abuse problem appearing.

For example:

- High self-esteem
- Knowing oneself well
- Good family relationships
- Healthy lifestyle in terms of diet, sleep, etc.
- Participation in activities and sports

While some risk factors are beyond our control, it is possible to work on others. As for protective factors, they can either be acquired or strengthened.

Examine the issue from every angle:

What are your protective factors? Which strengths will help you to avoid developing a substance abuse problem?

Dependency and abuse

Dependency is twofold:

> Psychological

The person feels an urgent need in his mind to use a given substance. It helps him to feel more comfortable, to relax, to calm down, or it stimulates him.

> Physical

The person feels a physical need, which is triggered as his body grows accustomed to the drug's effect. In a state of withdrawal, he feels physical reactions of varying intensities.

Substance abuse:

> Using a large amount of alcohol or drugs at one time or, for example, having **more than five** alcoholic beverages in one evening.

> Using over a relatively long or short period of time may cause physical and psychological dependency.

> **Chugging** (drinking a large quantity of alcohol in a short time) can lead to a dangerous level of intoxication for your health.

The signs of acute intoxication are:

- Significant reduction in or total lack of response
- Loss of consciousness or deep sleep
- Troubled breathing
- Weak pulse
- Repeated vomiting
- Excessive perspiration
- Damp or cold skin

A person who is exhibiting one or more of these signs should never be left alone. If you are not sure how severely intoxicated a person is, call the **Info-Santé** hotline (8-1-1) or the **Centre anti-poison** (1-800-463-5060).

Identify the topic:

You may not use drugs or alcohol several times a week, but do you drink large amounts of alcohol or mix substances? Do you use substances to forget about your problems, to disconnect from reality, for the challenge, to feel like one of the gang or as a dare, to play the clown or because it's cool?