

It Makes GameSense

The more you know, the better equipped you can be to keep gambling safe and fun. When playing lottery games, engage your GameSense with these tips:

- Play with money budgeted for entertainment, not everyday expenses.
- Don't borrow money to play lottery games.
- Understand how the game works and know the odds before playing. More info on how to play and game odds can be found at GameSenseAB.ca.
- Lucky numbers can make gambling more fun, but they don't influence the outcome of the game.
- When playing games with frequent draws, such as Keno, it can help to set a time limit for how long you'll play, before you start.
- Balance playing lottery games with other types of entertainment.

Learn more at
GameSenseAB.ca



Here's the truth: not everyone can gamble in a safe, responsible way. For some, gambling can become a problem. The signs below may indicate a problem for you or a loved one.

- Gambling for longer periods of time.
- Lying about the extent of gambling.
- Missing work or school to gamble.
- Neglecting responsibilities to gamble.
- Using gambling as an escape.
- Gambling with money that's needed to pay bills.
- Believing the 'big win' will bring gambling under control.

The more signs a person shows, the greater the likelihood that he or she may have lost control of their gambling. Help is available. Call the Alberta Health Services Addiction Help Line at 1-866-332-2322 (24 hr).