

A 3D isometric grid of red and orange cubes, creating a perspective effect that recedes into the distance. In the center of the grid, a bright yellow sun with rays is visible, partially obscured by the grid's perspective. The overall color palette is warm, dominated by reds, oranges, and yellows.

**OUT OF  
LUCK?  
THINK AGAIN...**

**YES**      **NO**

- ▶ Do you often find yourself thinking about gambling activities and/or planning the next time you will play?  YES  NO
- ▶ Do you need to spend more and more money on gambling activities to get the same level of excitement?  YES  NO
- ▶ Do you become restless, tense, fed-up, or bad-tempered when trying to cut down on or stop gambling?  YES  NO
- ▶ Do you ever gamble to escape or forget problems?  YES  NO
- ▶ After losing money on gambling activities, do you ever return another day to try and win your money back?  YES  NO
- ▶ Have you lied to your family and friends about your gambling?  YES  NO
- ▶ Have you spent your lunch or transportation money on gambling activities?  YES  NO
- ▶ Have you taken money from someone you live with, without their knowledge, in order to gamble?  YES  NO
- ▶ Have you stolen money from outside the family or shoplifted in order to gamble?  YES  NO
- ▶ Have you experienced problems with members of your family, or close friends, because of your gambling?  YES  NO
- ▶ Have you missed school or work in order to participate in gambling experiences?  YES  NO
- ▶ Have you ever had to ask for help because of your gambling?  YES  NO

**IF YOU HAVE ANSWERED "YES" TO SOME OF THESE QUESTIONS  
YOU MAY HAVE A GAMBLING PROBLEM**

**GAMBLING HELP AND REFERRAL:  
514 527-0140 or 1 800 461-0140**



**McGill**



International Centre for Youth Gambling  
Problems and High-Risk Behaviors  
Centre international d'étude sur le jeu  
et les comportements à risque chez les jeunes

[www.youthgambling.com](http://www.youthgambling.com)