



# Gambling



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada

# Mental illness and addictions are 24-hour-a-day problems.

## Now there's 24-hour-a-day help.

### HOURS OF OPERATION

#### *Visit us at:*

Suite 3B,  
219 Dufferin Street,  
Toronto

9 a.m. – 5 p.m.  
Monday – Friday

10 a.m. – 5 p.m.  
Saturday

10 a.m. – 5 p.m.  
Sunday

#### *Support Line:*

*(Available in English only.)*

3 p.m. – 9 p.m.  
Tuesday – Saturday

#### *Information Line:*

Staff-assisted calls:

9 a.m. – 9 p.m.  
Monday – Friday

10 a.m. – 9 p.m.  
Saturday

10 a.m. – 5 p.m.  
Sunday

Recorded messages:  
24 hours a day,  
7 days a week

**Ontario Toll-free  
Information and  
Support Line:**

**1 800 463 6273**

or  
**in Toronto,  
416 595 6111**

**Web site:**

[www.camh.net/McLaughlin](http://www.camh.net/McLaughlin)



If you need someone to talk to about mental health or addiction problems, or just have a question, we can help. Simply pick up the phone, your mouse or drop by our location in Toronto.

Real people with reliable answers. Totally confidential. Sometimes knowing *who* to ask for help is hard. Now finding *where* to ask isn't.



The R. Samuel McLaughlin Addiction and Mental Health Information Centre provides:

*Up-to-date information on mental health and addiction problems, trends, facts, programs, treatments, and prevention strategies through a toll-free Information and Support Line, a Web site, recorded messages and storefront.*

*Confidential and anonymous telephone support.*

*Our recorded messages span a wide range of topics, including:*

- *facts on mental health, alcohol and drugs*
- *information guides*
- *help for families.*

*Information about prevention, support and treatment resources in Ontario.*



There *is* help. There *is* hope.

Information is available in English and French.  
Some services are available in a variety of other languages.



Dear Readers,

The Centre for Addiction and Mental Health is pleased and proud to present this series of five stories in photographs. Published in English and French, these stories illustrate the most common problems associated with drinking, problem gambling, depression, drugs, and post-traumatic stress disorder.

To identify the needs of our ethnic communities, the Centre for Addiction and Mental Health conducted consultations with various community groups. The message that emerged clearly from these consultations was that there is lack of knowledge about substance use and mental health problems and about the services that are available to address them. The consultations also revealed that access to services was difficult or lacking.

We hope that these stories will help to inform, and raise awareness in, the ethnic communities and promote a better understanding of, and more caring response to, people dealing with mental health or substance use problems. We also hope that these stories will provide support to the families and loved ones of people who are dealing with these problems.

We are grateful to our community partners and to members of these communities who gave so generously of themselves during the consultations.

We also thank the Ontario Region Settlement Branch of Citizenship and Immigration Canada, which generously funded for this project.

Lastly, we hope that in reading these stories, members of our ethnic communities will use the services that are offered, make informed choices, and dispel the prejudices and taboos surrounding mental health and substance use.

Antoine Dérose  
Project Manager  
Centre for Addiction and Mental Health  
Telephone: 416 535-8501, Extension 6904  
E-mail: [Antoine\\_derose@camh.net](mailto:Antoine_derose@camh.net)

## ACKNOWLEDGMENT

The project's advisory committee would like to express its immense gratitude to the many people and organizations who have contributed their thoughts and experience to make this project a success. We thank them for their commitment, effort and support. We are also indebted to the individuals, service providers and members of agencies who have actively participated in the development of this product.

Special thanks to all CAMH staff, including clinicians and other professionals who reviewed early versions of the scripts and storyboards and provided invaluable assistance and advice.

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This photo-novella was produced by:

DESIGN, PHOTOGRAPHY, SCRIPTS, PRODUCTION

**BITCASTERS**<sup>®</sup>

Peter Gaull

Alastair Smith

Jonathan Sullivan

Stephen Headley

Danielle Carney

Aurélie Resch

Kirsten Sibert

## DEVELOPMENT

The Centre for Addiction and Mental Health (CAMH) managed the OASIS contract. The project manager was Antoine Dérose, Project Consultant for Central East Region, and Saroj Bains was the photo-novellas' Project Co-ordinator/Consultant.

## SPECIAL THANKS TO:

Ontario Administration of Settlement and Integration Services (OASIS), Citizenship and Immigration Canada provided funding for the project.

Jean-Luc Durand, Principal, Le Collège français, to the staff and participating students.

## CENTRE FOR ADDICTION AND MENTAL HEALTH PROJECT TEAM

Christine Harris

Annie Hart

Evelyne Barthès McDonald

Norman Liu

Francine Morissette

## CAST

Binh / Tran – Ken Woon-A-Tai

Bus Driver – Peter Cunningham

Alenka – Mary Beth Wiederhold

Binh's Father / Tran's Father – Richard Tse

Binh's Mother / Tran's Mother – Diandra Lee

END OF SCHOOL, BOARDING THE SCHOOL BUS



HEY, WHAT'S HAPPENED TO MR. NGUYEN?

I DON'T KNOW. SO TAKE YOUR SEAT AND WE CAN GET MOVIN'.



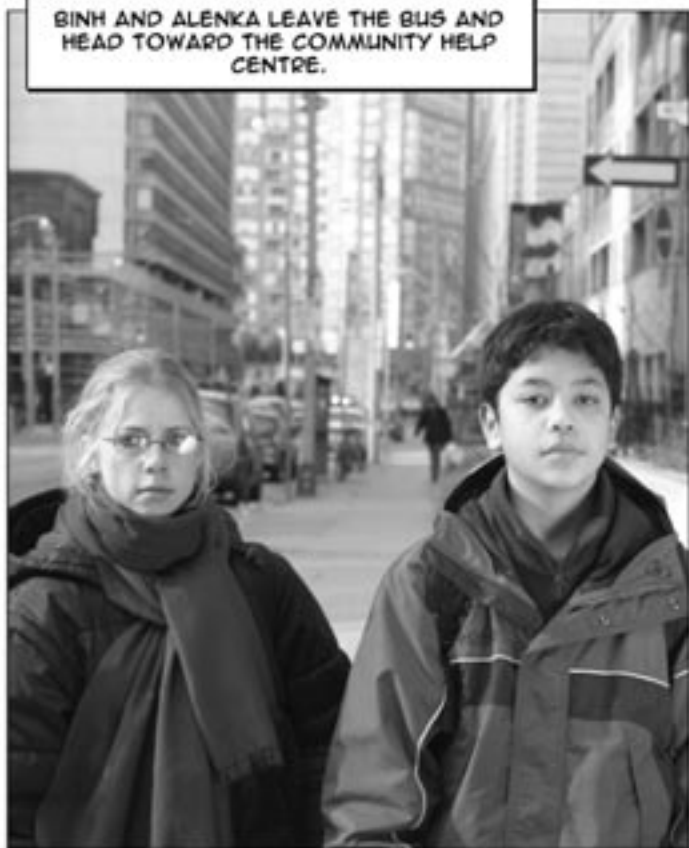
SO WHAT'S WITH THE NEW DRIVER? WHERE'S MR. NGUYEN?

I HEARD FROM MY PARENTS THAT MR. NGUYEN IS RESTING.





BINH AND ALENKA LEAVE THE BUS AND  
HEAD TOWARD THE COMMUNITY HELP  
CENTRE.



ALL KINDS OF  
PEOPLE VISIT  
THE CENTRE.

YEAH, YOU'RE  
RIGHT.



COME ON,  
I'LL WALK  
YOU HOME.

IF MY PARENTS  
FIND OUT WE'VE  
BEEN HERE...  
PROMISE ME YOU  
WON'T TELL  
ANYONE.

I SWEAR.



BINH IS HAVING DINNER WITH HIS PARENTS LATER THAT EVENING.



WE HAD A  
NEW BUS  
DRIVER  
TODAY.



OH? WHAT  
HAPPENED TO  
MR. NGUYEN?

SOMEONE TOLD  
ME HE'S RESTING  
BECAUSE HE  
GAMBLES AND  
DOES EXTRA WORK  
BESIDES DRIVING  
THE SCHOOL BUS  
TO EARN MORE  
MONEY.



ARE YOU  
SERIOUS?

IT'S ALENKA WHO TOLD ME THAT. HER  
FATHER AND MR. NGUYEN GO TO A PLACE  
TO PLAY CARDS. HER DAD CAN'T STOP.  
THEY LOSE MORE THAN THEY WIN AND  
GET SECOND JOBS TO HAVE THE MONEY  
TO SPEND.





IT'S TRUE, BINH. THERE ARE SOME PEOPLE WHO RUIN THEIR LIVES LIKE THAT. IT OFTEN HAPPENS TO PEOPLE WHO ARE IN NEW SITUATIONS IN LIFE. I KNOW ALENKA'S DAD JUST LOST HIS JOB WHEN THE AUTO PLANT CLOSED DOWN.

IT'S DIFFICULT FOR EVERYONE NOWADAYS. LOTS OF PEOPLE HAVE DIFFERENT WORRIES, AND GAMBLING, TO SOME, LOOKS LIKE A WAY TO MAKE EASY MONEY. BUT ONE CANNOT RELY ON LUCK TO SORT OUT ONE'S LIFE.



IT NEVER LEADS TO ANY GOOD. ARE YOU OKAY BINH?



I'M SAD FOR ALENKA. IT'S NO FUN FOR HER AT HOME. I'M ALSO WORRIED ABOUT MR. NGUYEN. I REALLY LIKE HIM. I WANT HIM TO DRIVE THE SCHOOL BUS AGAIN. I DON'T WANT HIM TO HAVE ANY PROBLEMS. I DON'T WANT ANYONE TO HAVE PROBLEMS.



BUT YOU COULD WRITE A LETTER TO MR. NGUYEN AND TELL HIM THAT ALL OF YOU AT SCHOOL REALLY LIKE HIM, THAT YOU MISS HIM AND THAT YOU WANT HIM TO COME BACK AND DRIVE YOU HOME FROM SCHOOL.

I'M SURE IT WOULD CHEER HIM UP.

A FEW WEEKS LATER AT THE  
BUS STOP TO SCHOOL

HEY  
ALENKA.

HEY  
BINH.

DID YOU BRING  
WHAT I ASKED  
YOU TO?

YES, I BROUGHT ALL  
THE PAMPHLETS MY  
MOTHER WAS KEEPING  
FOR MY FATHER.  
THERE ARE  
ADDRESSES OF HELP  
CENTRES AND  
THERAPY GROUPS,  
AND TELEPHONE  
NUMBERS.

MY MOM SAYS MY  
DAD IS GOING TO  
SPEND SOME TIME  
WITH HIS FAMILY TO  
GET BACK ON HIS  
FEET.

DO YOU  
CARE THAT  
HE'S MOVING  
OUT?

IT'S OKAY. MY MOM  
SEEMS MORE  
RELAXED AND NOT  
STRESSED, AND I'M  
TALKING MORE TO MY  
DAD THAN WHEN HE  
LIVED WITH US. HE  
CALLS ME EVERY  
COUPLE OF DAYS.

A FEW WEEKS LATER AT THE BUS STOP

HOW'S HE DOING?

HE'S GETTING BETTER. THE MOOD AT HOME IS BETTER. MOM'S NOT SO WORRIED AND I FEEL BETTER.

THAT'S GOOD NEWS. I HOPE THE CENTRE HELPS MR. NGUYEN AS WELL. I'VE WRITTEN TO TELL HIM THAT WE ALL LIKE HIM AND WE REALLY MISS HIM.



HE WROTE ME A THANK YOU LETTER.



I FEEL SO MUCH BETTER ABOUT MR. NGUYEN. I'M NOT AFRAID OF TALKING ABOUT STUFF ANY MORE.

YEAH! MAYBE IF MORE PEOPLE TALKED TOGETHER, THINGS WOULD BE BETTER...

## **WHAT IS GAMBLING?**

Gambling means risking something of value when the outcome is uncertain, in the hope of winning more. When you gamble, the odds are always against you. Most people know this, and they keep the amount of money they spend under control. Eighty-three per cent of adults in Ontario say that they gamble. For most, gambling is a form of entertainment, such as bingo, the racetrack or casino games.

Some people gamble knowing that the money goes to support charities. Some people hope to win a spectacular prize in a raffle or a million dollar lottery. They know that their chances of winning are slim, but taking part is fun.

## **WHAT IS PROBLEM GAMBLING?**

Problem, or “compulsive,” gambling is any form of gambling that interferes with your daily life, your relationships or your finances. In a survey, almost 3.8 per cent (or about 340,000 people in Ontario) said that they have moderate to severe problems with gambling. When you add the family members and others who are harmed by problem gambling, that means it affects more than a million people in Ontario.

## **WARNING SIGNS OF PROBLEM GAMBLING**

These questions may help you decide if compulsive gambling is a problem for you or someone you know. Most compulsive gamblers will answer “yes” to seven or more of these questions.

1. Do you lose time from work or school due to gambling?
2. Is gambling making your home life unhappy?
3. Is gambling affecting your reputation?
4. Have you ever felt remorse after gambling?
5. Do you ever gamble to get money to pay debts or solve other financial problems?
6. Does gambling make you less hard-working?
7. After losing, do you feel you must return soon and win back your losses?
8. After a win, do you have a strong urge to return and win more?
9. Do you often gamble until your last dollar is gone?
10. Do you ever borrow to finance your gambling?
11. Have you ever sold anything you own to finance gambling?
12. Do you try not to use your “gambling money” to pay for other things?
13. Does gambling make you careless of the welfare of your family?
14. Do you ever gamble longer than you had planned?
15. Do you ever gamble to escape worry or trouble?
16. Have you ever thought about or done something illegal to finance gambling?
17. Does gambling cause you to have trouble sleeping?
18. Do arguments, disappointments or frustrations make you feel like gambling?
19. Do you have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever thought about killing yourself as a result of gambling?

## **WHERE TO GET HELP**

Here are some places you can contact if you or someone you know needs help for problem gambling:

Ontario Problem Gambling Helpline

Interpretation is available in 140 languages. Service is available 24 hours a day.

Toll-free in Ontario: 1 888 230-3505

Centre for Addiction and Mental Health, Problem Gambling Services

Toronto: 416 599-1322

Toll-free: 1 888 647-4414

Gamblers Anonymous

Web site: [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

Gam-Anon

Web site: [www.gam-anon.org](http://www.gam-anon.org)

Ontario Association of Credit Counselling Services

Toll-free: 1 800 267-2272

Niagara Multilingual Prevention/Education Problem Gambling Program

Web site: [www.gamb-ling.com](http://www.gamb-ling.com)

Responsible Gambling Council of Ontario

Web site: [www.responsiblegambling.org](http://www.responsiblegambling.org)

For information on addiction and mental health issues or other resources, please contact CAMH's R. Samuel McLaughlin Addiction and Mental Health Information Centre:

Ontario toll-free: 1 800 463-6273 • Toronto: 416 595-6111

To make a donation, please contact:  
Centre for Addiction and Mental Health Foundation  
Tel.: 416 979-6909 • E-mail: [foundation@camh.net](mailto:foundation@camh.net)

If you have questions, compliments or concerns about services at CAMH, please call our Client Relations Co-ordinator at:  
Tel.: 416 535-8501 ext. 2028.

Web site: [www.camh.net](http://www.camh.net)



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A Pan American Health Organization / World Health Organization Collaborating Centre  
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