

101 Ways to

Play[✓]Wise™



Way #36
Community
Resources PEI.



Play Informed

The best way to keep gambling fun is to have the right information when you play. PlayWise is a collection of tips and tools to help you make informed decisions. Having the wrong information such as believing the chances of winning are better than they are or that you are due for a big win, can lead to taking risks. We created PlayWise to help you be informed when you play games of chance. Because informed players know the facts, they play for fun, not for money.

Support is Available

Sometimes, people get caught up in the excitement of the games. And sometimes, things get out of hand. The important thing to know is that help is available. Whether you're concerned about your gambling behaviour or someone else's, there are a variety of confidential resources available.

Way #87

Know that help is available and where to find it.



Prince Edward Island Resources

PEI Gambling Support Line

Confidential help is available toll free, anytime, to anyone seeking information or support about gambling.

Call **1-855-255-4255**

Gamblers Anonymous (GA)

GA is an anonymous fellowship of men and women who share their experience, strength, and hope with each other to help themselves and others recover from gambling. For more information on locations and meeting times in PEI, call Addiction Services at **1-888-299-8399** or visit **gamblersanonymous.org**

SMART Recovery

SMART Recovery is a leading addiction recovery support group. The SMART Recovery 4-Point Program® helps participants learn tools for addiction recovery and join a world-wide community that includes free, science-based mutual help groups. For more information, email **smartrecoveryqueenspei@gmail.com** or visit the SMART Recovery PEI – Queens County Facebook page.

PEI Addiction Services

Information, assessment, support and treatment is available at PEI Addiction Services locations in Charlottetown, Summerside, Alberton, Montague, and Souris. For more Information, call **1-888-299-8399** or visit **healthpei.ca/addictions**

Therapeutic and Credit Counselling PEI – Family Services

Therapeutic counselling can assist individuals, couples and families when facing life challenges. There is a fee for therapeutic services, which is covered by many insurance plans. A fee subsidy is also available for those who qualify.

Credit counselling assists individuals in dealing with debt concerns and money management. There is no charge for this service, but there is a small charge for those entering the debt repayment program. For more information call **(902) 892-2441** (Charlottetown), **(902) 436-9171** (Summerside), or visit **familyservice.pe.ca**.

Know The Warning Signs

Gambling requires time, money and energy. If these resources are spent at the expense of other things, such as personal relationships, family, employment, academics or financial commitments, it's time to evaluate your playing habits.

You Should Be Concerned If You:

- Spend more time and money than intended
- Argue about gambling with family and friends
- After losing, have the urge to return as soon as possible to win back losses
- Feel guilt or remorse about gambling
- Borrow money or sell assets to gamble
- Miss work to gamble
- Hide the extent of your gambling

Tips To Keep Gambling Fun

- Set a budget and stick to it
- Set a time limit and stick to it
- Maintain a gambling journal
- Avoid gambling when intoxicated
- Take frequent breaks
- Balance gambling with other forms of entertainment

Way #83

Know when to call and when to call it a night.



For More Information Visit

redshores.ca/play-responsibly or alc.ca/playwise.

Or call or visit the Red Shores PlayWise Information
Centre – **(902) 620-4267**