

What to Expect From The Problem Gambling Program...

It is never easy to admit that you have a problem with gambling. Especially since the tendency is to keep your problem in isolation. The shame and the guilt alone can become very overwhelming.

Once you decide to get help from a professional, you may find some relief from your desperate situation and begin to sort out issues.

There are counsellors at the Regina Qu'Appelle Health Region who are specifically trained in the area of problem gambling and have experience in working with individuals and families.

Services from the Problem Gambling Program are free of charge and available from 8:30 a.m. to 5:00 p.m., Monday to Friday.

**Gambling...
Is it still a game?
Or a way of life?**

Executive Director

Mental Health & Addiction Services
2110 Hamilton Street
Regina, SK
S4P 2E3
(306) 766-7806

Addiction Treatment Centre

1640 Victoria Avenue
Regina, SK
S4P 0P7
Main Phone (306) 766-6600

Visit us on the web
www.rqhealth.ca

For 24 hour professional health advice
and information, call:



Or

**Provincial Problem Gambling
Help Line
1-800-306-6789**

Problem Gambling Programs

Mental Health & Addiction Services

Addiction Services

Signs of Problem Gambling

- spend too much money
- chasing losses
- spend too much time gambling
- troubled relationships
- job is affected
- feel guilt about your gambling
- created legal issues
- depression and anxiety
- lying to others
- neglect responsibilities
- tried to quit before without success
- disinterest in social activities
- you feel irritable
- gambling is a solution to problems
- feeling helpless and hopeless
- false beliefs about gambling
- expecting to win
- use alcohol or drugs while gambling.

**If you can relate to some
of the above signs...**

**It may be time to
speak with a
professional about
your gambling
behaviour.**

Programs Offered

- Individual Counselling
- Family Support Counselling
- Female Support Group
- Mixed Support Group
- Day Treatment Program

Individual Counselling

Receive counselling support and education around your issues with gambling. Personal skill development and relapse prevention.

Family Support Counselling

Receive support for yourself around a loved one who has issues with gambling. Learn some strategies for self care and coping.

Female Support Group

A group for women with gambling problems. This group is facilitated by Health Region staff and provides a non judgmental environment for sharing and supportive feedback.

Mixed Support Group

A group for both men and women with gambling problems. This group is facilitated by Health Region staff and provides a non judgmental environment for sharing and supportive feedback.

Day Treatment Program

A provincially funded program designed for Problem Gamblers who would like to receive intensive treatment and develop a recovery plan.

Participants from outside of Regina are provided with accommodations and meals while attending the program.

Accessing Programs

Call the Addiction Treatment Centre to arrange an appointment.

As a client, you will have access to other areas of this program and other services if needed.

Please refer to the back of this pamphlet for contact information.

**Recovery from
addiction can
be discovery of
wellness and hope
for the future.**