



There is a big chance that lucky-7 is going to become ugly-7. When the game is over, what do you have left? For sure it is not money, if you're lucky maybe a few laughs... at you!!

If you play for fun society says it is ok, but what happens when the game becomes a nightmare? Your spouse says « I'm gonna go get some milk at the store » and he comes back 2 hours later with no milk, no money to buy some and he his angry at himself for losing and he is angry at you because you can't help him with his dependence.

When you see that your spouse has serious gambling problems, you can find some help. First you have to confront the issue head on and urge him to get help. There is a gambling addiction test on the net: www.jeu-aidereference.qc.ca. (Click on **English** at the bottom of the page, then below **Information** click on **What is your gambler's profile?** Take the test!) Here is another link to help you with gambling problems, on the same site below **Information**, click on **Help for family and friends**.

Compulsive Gambling is an addiction that destroys lives and is getting worst by a mental obsession with winning big. A gambling addict may bet his entire pay-check, lie, steal, and embezzle in an attempt to save his ass. According to the Centre for Addiction and Mental Health (CAMH): « Gambling in Canada has grown at an unprecedented rate over the last decade and is an increasingly popular recreational activity. While gambling was once illegal, or viewed as a disreputable activity, social norms have shifted. » At the end of my research I found out that in 2011 Lotto-Québec roughly gave back to multiple organizations about 49 million dollars to help the gambling addicts. It's a joke? \$



Gambling is now a multi-billion dollars industry in Canada, and its growth is likely to continue. For some people, gambling becomes a serious problem that affects all aspects of their lives. An association of problem gamblers won a settlement on March 24, 2010 against the video lottery terminals of Lotto-Québec. They split over 50 million between them.¹ Video lottery terminals bring in more than a quarter of Lotto-Québec's 3,8 billions in annual revenues. In life you have to take some chances but the odds are usually with you not against you. When you buy a 6/49 ticket your odds to be a winner are 1/13 983 816. You have more chances to get struck by lightning (1/280 000) than to win the lottery. ■

Before you lose everything, if have some bad thoughts. Here are some places you can get some help!

Suicide Action Montreal is the community organization specialized in suicide prevention in Montreal. Contact Suicide Action Montreal if:

- You are contemplating suicide
- Someone you know seems to be at risk for suicide, or
- You are mourning for someone who has committed suicide.

In Montreal, dial: 514-723-4000

**Other helpful link : www.jeu-aidereference.qc.ca
www.fondationdesmaladiesmentales.org**

Source:

¹ <http://www.responsiblegambling.co.za/media/user/documents/digest/March%202010.pdf>

