

## Gambling

### Ottawa Student Drug Use and Health Report, 2014



Gambling is a common activity among youth despite the fact that legalized gambling is restricted to persons 19 years of age and over. Youth who develop problems with gambling are more likely to experience challenges with academics, work, finances, and relationships with friends and family. They are much more likely to report a suicide attempt than other youth.

To learn more about Youth Facts and other topics, and view an accessible version visit: <http://www.ottawa.ca/healthreports>.

**1 % of Ontario students were considered to have a gambling problem.**



**One-third of Ottawa students reported they had gambled for money at least once in the past year.**

**Boys were more likely than girls to report that they had gambled for money at least once in the past year:**



**43%**

**vs**

**28%**



**...and boys reported gambling larger amounts of money.**

**14%**

**of students reported they had gambled \$50 or more in the past year.**



**Playing card games was the most reported type of gambling by**

**14%**

**Students in Ottawa (3%) were more likely than those**



**in Ontario (0.4%) to report gambling in a casino.**

## Resources:

- YMCA Youth Gambling Awareness Program offers free educational prevention programs designed to raise youth awareness with regards to gambling, healthy/active living and making informed decisions for youth from age 8-24. Contact the youth outreach worker in Ottawa at 613-715-4046 or [www.ymcagta.org](http://www.ymcagta.org)
- The Problem Gambling Institute of Ontario at the Centre for Addiction and Mental Health (CAMH) provides information about problem gambling for individuals concerned about their own, or someone else's gambling. They also provide an online space for professionals and educators to exchange knowledge and resources about problem gambling. Go to [www.problemgambling.ca](http://www.problemgambling.ca)
- Gamblers Anonymous ([www.gamblersanonymousottawa.org](http://www.gamblersanonymousottawa.org)) is a fellowship of men and women of all ages who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from a gambling problem.
- Rideauwood Addiction and Family Services ([www.rideauwood.org](http://www.rideauwood.org)) is a non-profit agency serving individuals and family members who are or have been affected by addictions, substance abuse, problem gambling or related mental health issues. Contact your school or Rideauwood Intake: 613-724-4881.
- Maison Fraternité ([www.maisonfraternite.ca](http://www.maisonfraternite.ca)) provides services to the Francophone population of the province who have a substance use or addiction problem. It has services for adults, adolescents, specific programming for women, and counselling services for families. Call 613-741-2523 for more information.
- Wabano Centre for Aboriginal Health ([www.wabano.com](http://www.wabano.com)) provides comprehensive and culturally relevant mental health services, including individual counselling, on-going groups, events and case management to individuals, couples and families. Specifically for youth aged 10 to 24 is "I Am Connected", a holistic substance prevention program. Contact the "I Am Connected" Program Coordinator at 1.
- Youth Services Bureau of Ottawa ([www.ysb.on.ca](http://www.ysb.on.ca)): In addition to their Youth Mental Health Walk-In Clinic, YSB provides youth and family counselling and crisis support. Check out their website for more information or call their intake line at (613) 562-3004. Those in crisis can call their 24/7 Crisis Line for immediate assistance at (613) 260-2360 or 1-877-377-7775 (toll-free).
- Sandy Hill Community Health Centre (SHCHC) ([sandyhillchc.on.ca](http://sandyhillchc.on.ca)) offers addiction and mental health services, which include confidential counseling services for individuals, couples, family and children/adolescents seeking help for addiction (including problem gambling), mental health issues, or concurrent disorders. Available to Ottawa residents. Satellite offices in Ottawa East, South and West also available. Call 613-789-8941.
- Community Health and Resource Centres ([www.coalitionottawa.ca](http://www.coalitionottawa.ca)) offers many programs and services for youth and families. Addiction and Mental Health Services, which include confidential counselling services for individuals, couples, family and children/adolescents seeking help for addiction (including problem gambling), mental health issues, or concurrent disorders. Satellite offices in Ottawa East, South and West are also available.

The data used in this publication came from the Ontario Student Drug Use and Health Survey conducted by the Centre for Addiction and Mental Health and administered by the Institute for Social Research, York University.