

FRIENDS HELPING FRIENDS: THINKING ABOUT GAMING & GAMBLING



McCreary
Centre Society

Is there a young person in your life who might be struggling with their gaming or gambling?

YES, MY FRIEND

MAYBE? WHAT MIGHT SOME SIGNS BE?

YES, ME

THEY/YOU ...

- prioritize spending money for gaming/gambling over basic needs.
- have changed eating habits/routines.
- are more tired, short-tempered, withdrawn.
- prioritize gaming/gambling over homework.
- are experiencing relationship challenges with friends/family.
- are prioritizing gaming/gambling over social interactions.
- are sensitive about the topic of gaming/gambling.

Is your friend aware they might have a problem?

YES

What are some ways to build healthier habits around gaming & gambling?

NO

UNSURE/MAYBE

See if they are open to having a conversation about it, but don't push if they aren't ready. Offer to share resources.

SUGGESTIONS:

- Set a specific spending limit based on what you can afford to lose.
- Take breaks from playing each day and try and to keep it consistent (e.g., only play before dinner).
- Do not game/gamble at least an hour before you want to go to sleep.
- Play games that don't use real money.
- Find a friend/trusted adult to hold you accountable to your plans/spending limits.
- Take regular breaks and try to get outside —go for a walk, take a hike.
- Reach out for help if you need it.

RESOURCES:

- **Gambling Support BC (24/7):**
Can be accessed at gamblingsupportbc.ca or by calling 1-888-795-6111
- **Kids Help Phone (24/7):**
Text Connect to 686868 or call 1-800-668-6868
- **Youth in BC (24/7):**
Website: youthinbc.com



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