

# You are in control of how you play the game

- Set acceptable limits for losses. Betting \$1 per spin instead of \$2.50 per spin will reduce your cost of play by 150%.
- Slow down your rate of play. Playing 2 seconds slower will reduce your cost of play by up to \$21 an hour if you're betting \$1 per spin.
- Take frequent breaks to determine how much money and time you have spent gambling.
- Only gamble with money you can afford to lose, never borrow money to gamble.
- Never try to win back money you have lost.
- Limit how often and how long you gamble.
- Gamble for entertainment, not as a way to make money.
- Don't use gambling as a way to cope with problems in your life.

## Resources

### Problem Gambling Help Line

**1-800-306-6789**

The problem gambling help line is available 24 hours a day, 7 days a week. Staff who are experienced with complex problems are available and ready to talk when you are. Reaching out and talking to someone can help put things into perspective and lay the groundwork for addressing your issues.

Anyone who is affected by a gambling problem can call, toll free, and all conversations are confidential.

### Individual Counselling

Confronting the effects of a gambling problem can be overwhelming and feelings of embarrassment and shame can prevent people from reaching out for help. Working with a trained professional can help overcome what feels like the most desperate situation.

All health regions offer free counseling services. Call the problem gambling help line to connect with a counselor near you.

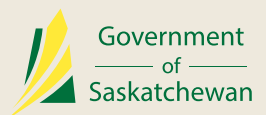


They don't make them like they used to

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## Think about it

### In the Old Days

The first slot machine was invented in the late 1800's. The early machines were mechanical and had only three reels and five symbols.

Each reel had 10 notched stops, if the reels stopped with the same symbols in a line, the player won. The reels were controlled by a handle, so pulling it in different ways could affect the outcome.

By the 1960's mechanical slots were replaced with electro-mechanical machines. The handle was now separated from the reels and more symbols were added to each reel.

More symbols and the ability to bet more than one coin resulted in larger jackpots being offered. Larger jackpots, lights, sound and improved money handling systems were making slots one of the most popular casino games.

And, while these machines were harder to cheat, players could still calculate their odds of winning by counting the number of symbols on each reel and multiplying the results.

### “They don’t make them like they used to.”

All that changed by the 1970's when video slot machines were introduced. All of today's slots are controlled by a computer chip within the machine.

No longer can players influence the outcome. Mechanical and electric parts have been replaced by a computer chip, ensuring that results are completely random, with winning results impossible to predict.

Today's machines have thousands of programmed combinations, so players can not figure out the odds of winning by looking at the reels or screen.

You can bet multiple coins on multiple lines. No longer do you have to plug coins into the machine. You can simply load your machine with paper money or a ticket in, ticket out slip.

All of these changes mean that the speed of play is much faster and the amount players can bet is much larger – which results in increased profits for the casino and larger losses for the player.

Have you ever thought that changes to slot machines might affect how you play the game and how much you spend?

It's common to hear players say that years ago machines paid out more or that the casino has tightened up the machines. The reality is that payouts have stayed constant and casinos do not “loosen” or “tighten” machines.

What's probably changed is how you play. Next time you play take careful note how many lines you play, how much you bet per line and how fast you play.

These three factors will have a significant impact on how much you spend and what you can expect to lose.

Even on penny machines you can bet up to \$10.00 per spin, on nickel machines it can be \$50.00 per spin. Covering all the lines does not increase your chances of winning, it only increases your cost of play. And, betting 15 or more times a minute is considered a fast rate of play.