

# ADD UP YOUR SCORE

Never = 0 points

Sometimes = 1 point

Most of the time = 2 points

Almost always = 3 points

People who score “0” on this quiz tend not to have any problems with gambling. Unless you change the way you gamble, you can simply enjoy gambling as a fun form of entertainment.

People who score a “1 or 2” on this quiz may be at a low risk for having problems with gambling. Be sure to follow tips for safe gambling.

People who score “3 to 7” on this quiz are at moderate risk for having problems with gambling. Your gambling is similar in some ways to people who develop problems with their gambling.

People who score “8 or more” on this quiz are considered to have problems with their gambling.

If you score “3 or higher” you may want to take a closer look at your gambling and make some changes.

# SUPPORT IS AVAILABLE

24 hours a day, 7 days a week.  
Confidential and free.

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

**First Nation Addiction and Rehabilitation Foundation (FNARF)**

306-665-1215

Effective and accessible prevention and treatment programs available to First Nation people affected by problem gambling in Saskatchewan.

**Prince Albert Grand Council  
Holistic Wellness Centre**

1-866-765-5305

**White Raven Healing Centre - Fort Qu'Appelle**

1-866-748-8922

**Saskatoon Tribal Council Responsible Gaming  
Outreach Treatment Program**

306-956-0340

**Problem Gambling Helpline**

1-800-306-6789

For more resources visit

**SIGA.ca/responsible-gaming**

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**When it's no longer a game**

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GameSense

# SELF ASSESSMENT



# SUPPORT



# SELF ASSESSMENT QUESTIONNAIRE

Playing games in any  
**SIGA Casino**  
can be an exciting form of  
entertainment. The games  
are best enjoyed when  
patrons use their  
GameSense.

Patrons who use their Game Sense understand that gambling involves taking a risk.

Casino gambling is designed to be a form of fun and entertainment and is not intended to create personal hardship.

Take this questionnaire to see what your personal risks are for developing problems with your gambling.

Note: This test is a basic evaluation and not a diagnostic tool.

## CIRCLE YOUR ANSWER

**1. In the past twelve months, how often have you bet more than you could really afford to lose?**

Never                      Sometimes                      Most of the time                      Almost Always

**2. In the past twelve months, how often have you needed to gamble with larger amounts of money to get the same feeling of excitement?**

Never                      Sometimes                      Most of the time                      Almost Always

**3. In the past twelve months, how often have you gone back another day to try and win back the money you lost?**

Never                      Sometimes                      Most of the time                      Almost Always

**4. In the past twelve months, how often have you borrowed money or sold anything to get money to gamble?**

Never                      Sometimes                      Most of the time                      Almost Always

**5. In the past twelve months, how often have you felt you might have a problem with gambling?**

Never                      Sometimes                      Most of the time                      Almost Always

**6. In the past twelve months, how often have you felt that gambling has caused you any health problems, including stress or anxiety?**

Never                      Sometimes                      Most of the time                      Almost Always

**7. In the past twelve months, how often have people criticized your betting or told you that you have a gambling problem, whether or not you thought it was true?**

Never                      Sometimes                      Most of the time                      Almost Always

**8. In the past twelve months, how often have you felt your gambling has caused financial problems for you, and your household?**

Never                      Sometimes                      Most of the time                      Almost Always

**9. In the past twelve months, how often have you felt guilty about the way you gamble or what happens when you gamble?**

Never                      Sometimes                      Most of the time                      Almost Always