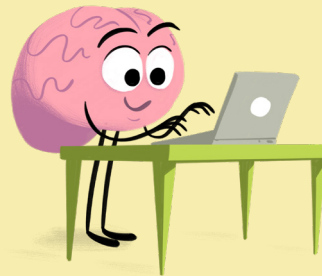




Brain Connections is a series of educational tools designed to share current research about gambling and the brain.



BRAIN CONNECTIONS



MY LOVED ONE IS GAMBLING: WHY CAN'T THEY STOP?

Brain Connections is a collaboration between
The City of Hamilton's Alcohol, Drug, & Gambling Services
&
The Peter Boris Centre for Addictions Research



GAMBLING RESEARCH
EXCHANGE ONTARIO
DRIVING KNOWLEDGE INTO ACTION

www.brainconnections.ca



@BRAINCONNEXIONS



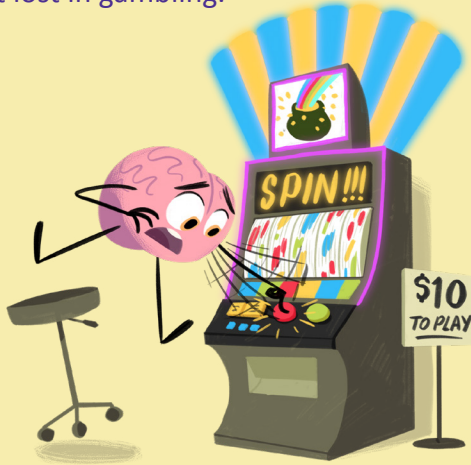
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**BRAIN
CONNECTIONS**
UNDERSTANDING ADDICTION AND THE BRAIN
BRAINCONNECTIONS.CA

MY LOVED ONE IS GAMBLING: WHY CAN'T THEY STOP?

It can be difficult and frustrating seeing a loved one get lost in gambling.



It can be hard to stop gambling

Gambling has a big impact on the brain. This is one reason why gambling problems occur.

When gambling is a problem, the brain is affected in several ways:

- A person can feel like gambling is the only thing that's exciting.



It can feel like gambling is more exciting than anything else

- A person's attention can be taken over by gambling; paying less attention to what used to matter.



Gambling can take over your attention

- A person may no longer be able to 'put on the brakes' with gambling, even when the signs to stop are there.



You may not notice that it's time to put on the brakes

- A person's mood is often lowered, even to the point of depression.

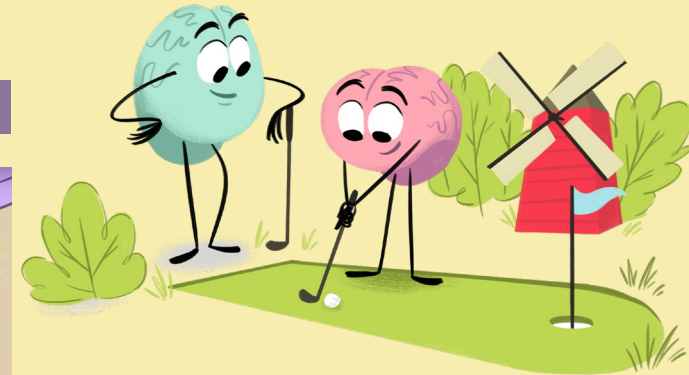
GAMBLING EFFECTS ON MOOD



Gambling problems can lead to mood swings

If your loved one is caught up, encourage them to take a break from gambling and give their brain a rest.

Stepping away from gambling can allow them to devote attention to other aspects of their life and to feel more in control.



Encourage your loved one to take a break from gambling

You may feel like your loved one's gambling is your fault.

It's not.

It can take time for the brain to heal from a gambling problem.

But there is help.

Talk to someone you trust or a counsellor for ideas on how to help yourself and your loved one.