

# Online Gambling: Recommended Educational Resources

## Youth & Digital Technology: Growing Up Online Toolkit

This document provides a curated list of resources, including websites, articles, handbooks, handouts, and books that practitioners may find helpful while supporting children, youth, and families facing challenges around problematic gambling.

### Websites

**Brain Connections – Understanding Addiction and the Brain** (<http://brainconnections.ca/>): Offers insights into how problem gambling affects neurological functions.

**Gambling, Gaming & Technology Use** (<http://www.problemgambling.ca/gambling-help/HomePage.aspx>): This Centre for Addiction and Mental Health (CAMH) website offers free Self-Help Tools that can be used anonymously.

**Problem Gambling Resources Network in Alberta** (<http://www.problemgamblingalberta.ca/>): Aims to help individuals and communities address gambling responsibly through public awareness, education, and advocacy.

**Provincial System Support Program (PSSP). Gambling, Gaming & Technology Use. Knowledge Exchange, CAMH** (<https://moodle11.camhx.ca/moodle/>): This website provides information to support service providers in their use of evidence-informed practices when screening, assessing, and treating clients with behavioural addictions.

**Responsible Gambling Council** (<https://www.responsiblegambling.org/>): A non-profit organization dedicated to preventing the negative impacts of gambling on individuals and communities.

**Canada Safety Council (CSC) Gambling Addiction** (<https://canadasafetycouncil.org/gambling-addiction/>): As an independent, knowledge-based, charitable organization, CSC offers some information on gambling addiction and referral services across Canada.

**Alberta Gaming and Research Institute** (<https://abgamblinginstitute.ca/>): Promotes research into gambling within Alberta, providing valuable data and insights. <https://research.ucalgary.ca/alberta-gambling-research-institute>

**International Centre for Youth Gambling Problems and High-Risk Behaviors** ([www.youthgambling.com](http://www.youthgambling.com)):

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This resource displays empirically based prevention and harm-minimization programs for youth gambling problems and high-risk behaviour.

### Articles, Handbooks, Reports & Handouts

#### **Gambling in Children and Adolescents** (Gupta & Pinzon, 2018)

This position statement from the Canadian Paediatric Society offers emerging knowledge around pathological gambling in childhood and adolescence in Canada. It also provides some option treatments and recommendations.

<https://academic.oup.com/pch/article/17/5/263/2638901?login=true>

#### **Cognitive-behavioural therapy information guide** (CAMH, n.d.)

Provides guidance for people who may be considering or are currently participating in cognitive behavioural therapy (CBT) as a treatment

<https://www.camh.ca/-/media/health-info-files/guides-and-publications/cbt-guide-en.pdf>

#### **Gambling Addiction and Problem Gambling** (Help Guide, October 2019)

This guide offers resources that may support people with a gambling problem.

<https://www.helpguide.org/articles/addictions/gambling-addiction-and-problem-gambling.htm>

#### **Adolescent Problem Gambling: A Prevention Guide for Parents** (CAMH, n.d.)

This prevention guide supports parents with tools and recommendations for problem gambling prevention.

<https://cmhatv.ca/wp-content/uploads/2022/04/PG-Guide-for-Parents-CAMH.pdf>

### Self-Help & Screening Tools

#### **Check Your Gambling** (Self-Assessment Tool)

Allows individuals to screen their gambling behavior and receive personalized feedback.

<https://beacon.anu.edu.au/service/website/view/212/32>

**GamTalk** (Online Support Community) A peer-support forum for people struggling with gambling-related issues.

<https://www.gamtalk.org/>

#### **Gambling, Gaming and Technology Use** (CAMH, n.d.).

These self-help tools are available for people with gambling problems as well as for their family and friends. They provide information and interactive exercises to help families learn about gambling and what they can do to help.

<http://www.problemgambling.ca/gambling-help/>

For more information, contact

[informationandcyststandards@recoveryalberta.ca](mailto:informationandcyststandards@recoveryalberta.ca)

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<https://www.albertahealthservices.ca/info/Page17564.aspx>

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**Problem Gambling: A Guide for Families** (CAMH & The Problem Gambling Institute of Ontario, 2008). This guide is a handbook available for parents or caregivers coping with their own gambling concerns.

<https://cmhatv.ca/wp-content/uploads/2022/04/PG-Guide-for-Families-CAMH.pdf>

**Gambling Availability and Advertising in Canada A Call to Action (Canadian Centre on Substance Use and Addiction, 2024).**

Outlines the policy changes in Canada that led to the increase in gambling availability and advertising, and analyses why these changes are likely to increase gambling participation and gambling-related harms.

<https://www.ccsa.ca/>

<https://www.ccsa.ca/sites/default/files/2024-06/Gambling-Availability-and-Advertising-in-Canada-en.pdf>

### Books

**Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health** (Howard Shaffer, 2012, Harvard Health Publications).

This book provides tools to evaluate person's gambling problems and contains practical strategies and approaches to control the urge to gamble, and recommendations to share with clients.

**Overcoming Your Pathological Gambling: Workbook (Treatments That Work)** (Robert Ladouceur and Stella Lachance, 2006, Oxford University Press).

This book includes various self-assessments and exercises designed to help individuals to overcome gambling problem and learn recovery skills that are useful for a lifetime

**Online Gambling in Youth, Handbook of Children and Screens** (Potenza, M.N. et al. Springer, Cham, 2025).

[https://doi.org/10.1007/978-3-031-69362-5\\_81](https://doi.org/10.1007/978-3-031-69362-5_81)

[https://link.springer.com/content/pdf/10.1007/978-3-031-69362-5\\_81.pdf?pdf=inline%20link](https://link.springer.com/content/pdf/10.1007/978-3-031-69362-5_81.pdf?pdf=inline%20link)

This chapter, published in December 2023, offers a comprehensive overview of current literature on gambling and gambling disorders among youth. It discusses the emergence of online gambling and its implications for young individuals.

**Teen Gambling: Understanding a Growing Epidemic** (Jeffrey L. Derevensky, 2015).

[https://www.google.ca/books/edition/Teen\\_Gambling/jLO7P\\_lw8E4C?hl=en&qbpv=1&pg=PA1&printsec=frontcover](https://www.google.ca/books/edition/Teen_Gambling/jLO7P_lw8E4C?hl=en&qbpv=1&pg=PA1&printsec=frontcover)

This book provides a comprehensive understanding of the causes and extent of youth gambling problems. It offers real-life examples and discusses tools available for assessing problem gambling among youth.

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### **Gambling and Gaming Addictions in Adolescence (Mark Griffiths, 2002)**

<https://www.wiley.com/en-ca/Gambling+and+Gaming+Addictions+in+Adolescence-p-9781854333483>

This book delves into the psychology of excessive behavior, focusing on gambling and gaming addictions in adolescents. It explores how young individuals are drawn to these activities and discusses potential intervention strategies.

If you need help or support, contact: Addiction Helpline Recovery Alberta at 1-866-332-2322 (toll free within Alberta). <https://www.recoveryalberta.ca/page14060.aspx#helplines>

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