

Online Gambling: Recommended Educational Resources

This document contains websites, articles, handbooks, handouts, and books that service providers 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/>): this website includes information about how problem gambling affects the brain.

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/>): this network offers resources to help individuals and communities address gambling in a healthy and responsible way through public awareness, education, advocacy, prevention, treatment/referral, and research.

Provincial System Support Program (PSSP). Gambling, Gaming & Technology Use. Knowledge Exchange, CAMH (<https://learn.problemgambling.ca/eip/problem-technology-usehttps://www.camh.ca/en/your-care/programs-and-services/problem-gambling--technology-use-treatment>): 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/>): this website provides information about this non-profit organization, which promotes the well-being of people and communities by preventing the negative impacts of gambling.

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 service.

Alberta Gaming and Research Institute (<https://abgamblinginstitute.ca/>): this resource provides support and promotes research into gambling in the Province of Alberta.

International Centre for Youth Gambling Problems and High-Risk Behaviors (www.youthgambling.com): this resource displays empirically-based prevention and harm-minimization programs for youth gambling problems and high-risk behaviour.

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Articles, Handbooks, and 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.

Youth Gambling Awareness Program (YGAP) (YMCA, 2020)

Through partnerships with community members and groups, this program aims to assist youth initiatives that encourage communication with youth and improve community action related to youth gambling.

www.youthbet.com

Cognitive-behavioural therapy handouts (CAMH, n.d.)

These handouts are intended for adults 18 years of age or older. However, they can also be used with younger clients. Reviewing the handouts with your clients and going over examples of how they can fill them out can be helpful. If they are reluctant to do homework, you can use it during their individual and/or group sessions.

<https://learn.problemgambling.ca/eip/cognitive-behavioural-therapy#handouts>

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://learn.problemgambling.ca/PDF%20library/handbook-guide-for-parents-accessible-2017.pdf>

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Self-Help Gambling Tools (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/>

Problem Gambling: A Guide for Parents (CAMH & The Problem Gambling Institute of Ontario, 2015)

This guide is a handbook available for parents or caregivers coping with their own gambling concerns. This resource is also available in [French](#).

<https://learn.problemgambling.ca/PDF%20library/handbook-guide-for-parents-accessible-2017.pdf>

Problem Gambling: A Guide for Families (CAMH & The Problem Gambling Institute of Ontario, 2008)

This is a handbook that may be helpful for people who have someone close to them with a gambling problem. This resource is also available in [French](#), [Arabic](#), [Chinese](#), [Farsi](#), [Greek](#), [Italian](#), [Korean](#), [Pashto](#), [Polish](#), [Portuguese](#), [Punjabi](#), [Russian](#), [Serbian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Tamil](#), [Urdu](#) and [Vietnamese](#).

<https://learn.problemgambling.ca/PDF%20library/handbook-guide-for-families-accessible-2017.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 also 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.