

Gambling at-a-glance

among African Caribbean Black women aged 50+

Gambling: a game of chance, not skill.

Top 3 gambling behaviours

- buying lottery tickets
- participating in raffles
- playing at bingo halls

Gambling habits

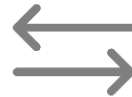
- 70% gambled in the past-year
- almost 50% gamble several times a year or more

Source: Jean Tweed Centre focus groups 2019



Problem gambling risk goes up when you:

- win big early on
- have easy access to gambling
- have had a recent divorce, job loss, retirement or death of a loved one
- often feel bored or lonely
- have a history of mental health concerns



Harms of problem gambling

- cause problems at home and at work
- loss of money and possessions
- affects your mental health



Where to go for help

Toronto:

Across Boundaries, Black Creek CHC, Elizabeth Fry Toronto, Jean Tweed Centre, TAIBU CHC

Ottawa:

Amethyst Women's Addiction Centre



Talk to us about your gambling concerns.

JEANTWEED.COM