

## ... TO TAKE STOCK

Self-exclusion is a voluntary program in which a player agrees to stop frequenting Loto-Québec gambling establishments (casinos or gaming halls). The player who excludes himself authorizes Loto-Québec to take measures to bar him from relevant establishments.

Self-exclusion is a means to limit the negative consequences of excessive or problem gambling on players themselves and on their loved ones.

*Other tools that promote low-risk gambling habits are available.*



[agameshouldremainagame.com](http://agameshouldremainagame.com)

*Tips, information  
and resources*

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A GAME SHOULD  
REMAIN A GAME

# SELF- EXCLUSION

## STEP BACK...

Most people play games of chance without experiencing gambling problems. However, if the fun of playing has given way to excess or loss of control, Loto-Québec's self-exclusion program can provide assistance.

# A FEW WORDS ABOUT *self-exclusion*

## WHERE DO I SIGN MY SELF-EXCLUSION CONTRACT?

### WHO IS THIS PROGRAM FOR

The self-exclusion program is designed for people who wish to stop frequenting Loto-Québec's casinos and gaming halls.

The decision to register in the program is irrevocable. Once the self-exclusion contract is signed, the person's Espacejeux account, if any, will be automatically closed and no new account can be opened.

### HOW TO JOIN THE PROGRAM

Joining the self-exclusion program is **quick** and **easy**:

- Register with the assistance of a qualified employee
- Decide how long you want to exclude yourself
- Allow your photo to be taken so gambling personnel can identify you.

### COUNSELLING SERVICE

Once you've signed a self-exclusion contract, you can count on free, confidential guidance from a self-exclusion counsellor who works for a firm that is independent from Loto Québec.

*The counsellor offers free, confidential and bilingual services that include:*

- An assessment of your gambling habits
- Help in implementing behaviour control strategies
- Telephone support
- References to other resources

"My gambling habits are changing: I bet more money, play more often and over longer periods of time."

"My gambling jeopardizes important relationships or my job."

"I play to recover my losses."

"I lie to cover up for my gambling habit."

"I borrow money to gamble or pay gambling debts."

"I've had to increase my wagers to experience the same level of excitement"

In Loto-Québec's casinos and gaming halls

**At Loto-Québec's offices**  
(Montréal and Québec City)  
1-866-611-5686, ext. 120-3423

**In designated help centres, by appointment:**

#### Montréal

Maison Jean Lapointe, 514-288-2611  
or 1-800-567-9543

#### Gatineau

Centre de réadaptation en dépendance de l'Outaouais, 819-776-5584

#### Ottawa

Sandy Hill Community Health Centre,  
613-789-8941

#### Trois-Rivières

Centre de réadaptation en dépendance Domrém  
Mauricie / Centre-du-Québec,  
819-374-4744

#### Québec City

Centre CASA, 418-871-8380 or 1-877-871-8380

#### Charlevoix

Ressource Génésis, 418-665-3912

#### Mont-Tremblant

Centre de santé et de services sociaux des Sommets, 819-324-4000, ext. 4045  
or 1-855-766-6387

#### Joliette

Centre de réadaptation en dépendance de Lanaudière, 450-755-6655

#### Terrebonne

Centre de réadaptation en dépendance de Lanaudière, 450-492-7444