



Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](#)

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Are you struggling with gambling?

Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

People with gambling problems may also have trouble in other areas of their lives where they need support. These could include health concerns, financial problems, feeling lonely, mood swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and to find an addiction services office near you, call the [Addiction Help Line](#) at 1-866-332-2322. Help is available 24 hours a day, seven days a week.