Lower-Risk Gambling Guidelines Social Media Content Bank

Note: The posts below can be used on social media platforms as standalone posts or paired with the social media graphics for the Lower-Risk Gambling Guidelines.

Social Media Posts

66.2% of Canadian adults participated in some form of #gambling in 2018. The Lower-Risk Gambling Guidelines can help you make informed decision about your gambling: https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines #LRGG

In 2018, 0.6% of the population were identified as having gambling problems, with an additional 2.7% being at-risk for problems. Follow the Lower-Risk Gambling Guidelines to gamble in lower-risk way: https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines #LRGG

When it comes to #gambling, find out "how much," "how often" and "how many" will keep you within the guidelines. Learn more: https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines #LRGG

If you choose to gamble, follow our safer gambling tips to reduce your risk of experiencing harms from your #gambling. Learn more: https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/safer-gambling-tips #LRGG

The Lower-Risk Gambling Guidelines provide evidence-informed advice about how to gamble in a lower-risk way. Learn about all three guidelines and how to reduce your #gambling harms: https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines #LRGG

For the Lower-Risk Gambling Guidelines to be effective, people must follow all three guidelines when #gambling. Learn about the guidelines and how to reduce your gambling harms: https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines #LRGG

Visit gamblingguidelines.ca for information on the Lower-Risk Gambling Guidelines, the types of harms people can experience from gambling, populations especially at risk, and further safety tips for avoiding #gambling harms. https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/who-is-at-risk #LRGG

The online risk assessment tool uses a few simple questions to gage whether your gambling is within the Lower-Risk Gambling Guidelines. Try it now to see if your #gambling puts you at risk of harm. https://gamblingguidelines.ca/interactive-risk-assessment-tool/ #LRGG

Learn more about the Lower-Risk Gambling Guidelines by using our online risk assessment tool. Find out if you're #gambling within the Lower-Risk Gambling Guidelines. Try it now: https://gamblingguidelines.ca/interactive-risk-assessment-tool/ #LRGG

Gambling is an activity that can pose risks including financial hardships, relationship conflicts, and emotional or psychological distress, Try the online risk assessment tool to see if your #gambling puts you at risk. Answer a few questions to see if you are gambling within the guidelines: https://gamblingguidelines.ca/interactive-risk-assessment-tool/ #LRGG

Lengthy Social Media Posts (Not for Twitter)

The Lower-Risk Gambling Guidelines are:

- Gamble no more than 1% of household income before tax per month
- Gamble no more than 4 days per month
- Avoid regularly gambling at more than 2 types of games

Follow all three guidelines to reduce your #gambling risks. Learn more: https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines #LRGG

Gambling is an activity that can pose risks including financial hardships, relationship conflicts, emotional or psychological distress, and health issues. Learn about the risks and how to reduce your #gambling harms and stay within the guidelines: https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/harms-of-gambling #LRGG

When you #gamble, what you play matters. With slot machines, electronic gaming machines, poker and many forms of online gambling, you can spend a lot of money in a short time. Follow the Lower-Risk Gambling Guidelines to reduce your risks: https://www.gamblingguidelines.ca/app/uploads/2021/01/LRGG-When-Gambling-What-You-Play-Matters-Poster-2021-en.pdf #LRGG

Canadian Centre on Substance Use and Addiction

CCSA was created by Parliament to provide national leadership to address substance use in Canada. A trusted counsel, we provide national guidance to decision makers by harnessing the power of research, curating knowledge and bringing together diverse perspectives.

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