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## **Quarantined Gamblers Worry about Addiction and Overspending**

*GREO Creates: Resources for Safer Gambling During COVID-19 Hub*

**GUELPH – June 1, 2020** – Gambling Research Exchange (GREO) released polling results today showing that governments should be concerned about the impact that COVID-19 could be having on Canadians' gambling habits.

A recent [poll](#) conducted by Abacus Data found that over a third of the people it surveyed who gambled online felt they were spending too much money on online gambling in quarantine and this could be leading to a gambling addiction.

“What’s troubling about these numbers is that overspending and addiction to gambling tend to be accompanied by financial strain, relationship disruption, and psychological distress,” said GREO CEO Trudy Smit Quosai. “All of these things are already a concern during COVID-19 isolation, so there is a risk that harms in quarantine can be even higher than normal.”

In partnership with international stakeholders, GREO has assembled a collection of evidence related to gambling behaviour, mental health, and well-being. This hub is designed to stimulate meaningful dialogue on how to adapt existing policies and programs or to develop new regulations to reduce gambling harms.

GREO’s Resources for Safer Gambling During COVID-19 can be found at <https://www.greo.ca/en/greo-resource/covid-19-resources.aspx>.

“The global pandemic that we are all living through could have a significant impact on how, why, and when people gamble,” concluded Smit Quosai. “As more of our lives go online in response to COVID-19, so do many of our potential problems. This will have important implications for the way we address gambling harm prevention, reduction, and treatment initiatives.”

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