

# GAMBLING AWARENESS

## \$4,500,000,000



**\$4.5 BILLION.** That is how much money is estimated to have been wagered on last year's Super Bowl.

With CT's recent legalization of sports betting and the start of the NFL season around the corner, this amount is likely to increase in the 2021-2022 season. Football is the most common sport that is bet on (both college and professional), and is often seen as a game of "skill" rather than the game of chance gambling always is. Recently, the NFL has embraced wagering on football, something it had previously firmly

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## UCFS Healthcare

BETTOR CHOICE GAMBLING TREATMENT PROGRAM

860-823-3094

come out against. According to former ESPN host, Trey Wingo, “At the end of the day, money is money, and the NFL is really good at making money.”

It is important to remember that the “house always wins,” even if gambling outside of a casino. The NFL expects to generate about \$270 million in revenue this year from their sports-betting and gambling deals, and more than 33 million Americans are expected to bet on football this year... that is 10% of the population.

A simple Google search will yield you hundreds of articles, blogs, and “how tos” telling you how to make money betting on football or playing in fantasy leagues. And while these can be a safe, fun activity for most, there are about 1-2% of individuals who struggle with a gambling disorder for which this can quickly become life-ruining. Some tips to ensure your sports betting remains safe are:

- Set a limit on how much you are willing to spend
- View betting on sports as entertainment (not a way to make money)
- Balance betting on sports with the leisure of viewing them
- If you spend more than you planned, take a break—do not chase your loss

If you catch yourself spending more than you’d like, trying to win back money that you lost, or lying/concealing your gambling from others, these are common signs of a problem. If you or a loved one is struggling with sports gambling, help is available. Call Bettor Choice at 860-823-3094 for more information.

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## HOW MUCH DO YOU SPEND ON GAMBLING PER WEEK?

Whether you're at home, at the grocery store, in your office or out socializing with friends and family, you can find plenty of opportunities to place bets and try to win money.

Unfortunately, gambling can take a toll on your financial situation and your health. More than four million people in the United States meet the criteria for problem gambling every year.

Let's say you spend **\$25.00 per week** on gambling, i.e. lottery tickets, scratch tickets, etc. That's a total of **\$1,300.00 per year!**



### How else can that money be spent?

**362** gallons of unleaded gasoline. (\$3.59 each\*)

**929** pounds of white bread. (\$1.40 each\*)

**124** movie tickets at the local movie theater. (\$10.50 each\*)

**5** months of a \$250 student loan.

**1+** month of a \$1000 rent or mortgage.

## **TIPS FOR HEALTHY PLAY**



**Following these tips can help you to stay safe if you choose to gamble.** Understand the risks and benefits of gambling – be aware of your own reasons for gambling. The responsibility of balancing these risks and benefits rests solely with you.

- Don't think of gambling as a way to make money. The venue is using gambling to make money. It's not designed to work the other way around. Over time you will give away more money than you receive! Think of gambling as an entertainment expense – just like buying a movie ticket.
- Only gamble with money you can afford to lose. Gamble within your weekly entertainment budget, not with your phone bill or rent budget.
- Set a money limit in advance. Decide how much you can afford to lose before you go to play. When it's gone – it's over! If you win, you've been lucky, but don't be disappointed if your luck doesn't continue.
- Set a time limit in advance. It's easy to lose track of time when you're gambling. Set a time limit or alarm, and when time's up – quit! Odds are that the more time you spend gambling, the more money you will lose.
- Never chase your losses. If you lose your set money limit and then try to win some of it back before you leave, then you haven't really set a money limit. Chasing your losses will usually just lead to bigger and bigger losses.
- Don't gamble when you're depressed or upset. Decision-making can be more difficult when you're stressed or emotionally upset. Make sure you only gamble when you're feeling happy and clear headed.
- Balance gambling with other activities. When gambling becomes your only form of entertainment, it's unlikely that you're still just gambling for the fun of it, and your gambling may even be a problem. Make sure gambling isn't your only pastime.



- Don't take your bank card with you. This is a good way to safeguard your money limit and not let being "in the moment" warp your judgment.
- Take frequent breaks. Gambling continuously can cause you to lose track of time and perspective. Step out for some air or a bite to eat at regular intervals.
- Don't drink or use drugs when gambling. Drugs and alcohol cloud judgment, and good judgment stands as your main line of defense against letting gambling get out of control.

Remember that, while gambling can be fun, it is not a way to solve problems

If you gamble on a regular basis, it's a good idea to keep track of the money you spend on the activity. It will help you to keep a realistic record of your gambling expenses. Remember to put a pre-set amount (the amount you plan to spend for the day) on the first line. Then, at the end of the day, you can compare that amount with the amount you actually spent.

#### KEEP GAMBLING SAFE & AFFORDABLE



Set a limit on how much time & money & stick to it.

View gambling as entertainment, not as a way to make money.

Balance gambling with other leisure activities.

If you gamble and spend more time & money than planned, take a break.

**CONCERNED ?**

**HELPLINE** Confidential 24/7  
**1-888-789-7777**

#### KEEP THE PROBLEM OUT OF GAMBLING

- Gamble with limits on time, frequency, & duration.

- Gamble in a social setting with others, not alone, & with money you can afford to lose.



Problem Gambling **Helpline: 1-888-789-7777**  
[www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)

#### Low Risk Gambling is

A form of recreation, not to make money nor to make up for previous losses.  
Setting limits on time, frequency, and duration.  
In a social setting with others, not alone.  
With money you can afford to lose.



#### High Risk Gambling is when

Coping with grief, loneliness, anger or depression.  
Under financial pressure and stress.

Recovering from mental health or substance use disorders.

Using alcohol or other drugs, or is under legal age to gamble.

Problem Gambling Services, CT State Dept. of Mental Health & Addiction Services  
[www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)

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