

GAMBLING AWARENESS

Happy
Holidays



— AND A —
JOYFUL NEW YEAR

The end of the year is a time of year for remembrance. We take stock of where we came from, and have a moment to think about where we are going, as we pursue the future with hope. May your new year be all that you hope for, and may it be sprinkled with love and friendship.

Happy Holidays!

From the Entire

UCFS Bettor Choice Team

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BETTOR CHOICE GAMBLING TREATMENT PROGRAM

860-823-3094



MOST GAMBLERS LOSE.

SO WHY DO PEOPLE BET THEIR HARD-EARNED MONEY? FIND OUT A BIT ABOUT THE PSYCHOLOGY OF GAMBLING, WHY PEOPLE BET MONEY AND THE REASONS FOR GAMBLING.

Psychology of Gambling - Reasons for Gambling

Ok, so we all understand that gambling offers you the chance of winning money or prizes, but have you considered some of the other reasons for gambling? A look into the psychology of gambling offers insight into that question.

Why Do People Gamble? - *Risk Taking*

One of the reasons for gambling is that it's human nature to feel excited when taking risks and the positive feeling gained from gambling is no different. "Will my numbers come up?" "Will my team win?" The sense of anticipation creates a natural high, an adrenalin rush, a feeling that very many of us seek when looking for fun and entertainment. A feeling that some people believe they cannot live without.

Why Do People Gamble? - *Escapism*

The gambling environment can provide an escape from everyday life. Whether it be the glitzy casino environment, a loud and exciting amusement arcade or even an online betting company, for the time that we are taking part we can be surrounded by different people, different sounds and emotions, all of which stimulate and arouse our senses.

Why Do People Gamble? - *Glamorous*

The media and advertising agencies understand the psychology of gambling and often portray a stylish, sexy, fashionable image of gambling. In film and TV, we see characters enjoying a night at the casino or an afternoon at the races. There is often a suggestion of 'high society' and attending at 'a place to be seen'.

Why Do People Gamble? - *Social*

Gambling is accepted as part of this country's culture and as such is widely participated in (with varying frequency) by the majority of the population. Some young people are introduced to gambling by learning to play card games with their parents at home, or go to bingo with friends on a Friday night or meet after school at the amusement arcade.

Psychology of Gambling - *The Common Misperception*

The above reasons for gambling all tie into this: most people think about gambling as a low-risk, high-yield proposition. In reality, it's the opposite: a high-risk, low-yield situation. The odds always favor the house. Despite that, the thought and excitement of hitting a casino jackpot are often too alluring - regardless of its probability.



Why Scratch-Off Lottery Tickets Are Bad Gifts For Children

It's not uncommon for parents to stuff Christmas stockings with festive scratch-off lottery tickets, and many children get the innocent-looking gambling games as birthday gifts as well. But it's important for parents to be aware of the dangers of buying lottery tickets for their kids.

Children Shouldn't Associate Gambling With Holidays and Birthdays



When you give children lottery tickets as gifts during their favorite times of the year, they begin to associate gambling with happy memories — this could cause a range of issues down the road.



Introducing Kids to Gambling Early Can Lead to Problems in Adulthood



If kids become accustomed to gambling when they are young, they are at a higher risk of developing gambling disorders as they become adults.



Children Deserve Birthday Presents That Are Sure to Be Worth Something



Don't you think kids deserve a gift that doesn't have a high chance of being worthless? There are plenty of other exciting gifts to give children — be more creative!



WORD SEARCH

P C O P I N G V H G A M B L I N G
 C L C G O R K U B T J P A G E K E
 E E L G N I T T E B T R O P S F E
 C S A Y J N O N A M A G G H J J P
 R X X N O I T C I D D A R A G R K
 V T N E M N I A T R E T N E I V N
 G M P O K E R U L O S E O S O U S
 P A L O T T E R Y A C O K D P U Z
 C H M S S E N E R A W A U V Q V K
 S U O M Y N O N A S R E L B M A G
 F E N H C Q X O W I U N I N G R B
 O C E N B E T T O R C H O I C E P
 N N Y H T F W H E O F D X V R P S
 R A S P P S K A J B S D F Y I L N
 O H V P M S L O T S P L E X X E I
 E C E L B I S N O P S E R Z Y H U
 V O B U L R W B L R Y N P N Z K P

UCFS	Gam-Anon	Gamblers Anonymous	Responsible	Gambling
Help	Risk	Entertainment	Chance	Addiction
Poker	Coping	Sportbetting	Money	Awareness
Lose	Slots	Lottery	Bettor Choice	



Support for the Holidays

As the holiday season approaches, make sure you are prepared by putting a course of action in place in the event that your need to gamble is triggered.

If you find yourself in a situation where you are tempted to gamble, please call the problem gambling helpline:

1-888-789-7777

Or you can find a virtual support meeting using the Gambler's Anonymous website or Gamblersinrecovery.com.

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

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HELPLINE 1-888-789-7777

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

