

# Gambling Awareness

## Gambling Education Resource Van!



The goal of the van is to provide gambling education and resources to the public on prevention, treatment, recovery support services, and the voluntary self-exclusion portal.

The van is available to attend trainings, events, health fairs, and other community gatherings across the state. To schedule the resource van, visit

[WWW.RESPONSIBLEPLAYCT.ORG](http://WWW.RESPONSIBLEPLAYCT.ORG)

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BETTOR CHOICE GAMBLING TREATMENT PROGRAM

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## Gambling in College Students: Fact Sheet

Three-fourths of college students place a bet each year,<sup>1</sup> and common forms of gambling include:

- card games<sup>1,2</sup>
- sporting events<sup>1,2</sup>
- lottery and scratch tickets<sup>1,2</sup>
- casino games<sup>2</sup>
- online gambling, including online poker and
- fantasy sports<sup>3,4</sup>



Ten percent of college students have gambling problems.<sup>5</sup>

Rates of gambling problems are higher in college students than adults.<sup>5,6</sup>

- Student athletes are prone to gambling and problem gambling.<sup>2,7</sup>
- Students who smoke, drink, or use other drugs have high rates of gambling problems.<sup>2,8,9</sup>
- Proximity to a casino is associated with rates of gambling problems in college students.<sup>10</sup>



Gambling problems in college students are associated with:

- Feelings of guilt and depression.<sup>2,11</sup>
- Risky sexual behaviors.<sup>7,12</sup>
- Low social support.<sup>13</sup>
- Debt.<sup>14</sup>
- Suicidal ideation. Up to 18% of college students with gambling problems attempt suicide.<sup>7</sup>



Although all colleges have policies for alcohol and other drugs, less than one in four colleges have policies on gambling.<sup>15</sup>

Only 15% of college counseling center websites post information about problem gambling.<sup>16</sup>

Just 7% of college administrators have received information about gambling.<sup>17</sup>

## *What can you do?*

- Have the conversation! Talk with college students about gambling and its risks.
- Encourage students with concerns to call the gambling helpline (1-888-789-7777) or text (847-973-5684).
- Help those with problems get treatment ([www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)). Treatment for gambling works, and college students respond well to brief gambling interventions.<sup>18-20</sup>
- Ask college administrators to raise awareness of and address gambling on campuses.

References: 1) J Am Coll Health 2010;58:443-52 2) J Am Coll Health 2004;52:245-55 3) Addictive Behav 2014;39:1377-82 4) Am J Addict 2007;16:325-330 5) J Gambl Stud 2014;30:819-43 6) J Gambl Stud. 2007;23:175-183. 7) J Am Coll Health 2007;56:75-83. 8) J Am Coll Health 2009;57:597-602 9) Geisner J Gamb Stud, in press 2016 10) J Gambling Issues 2007;19:9-17 11) J Gambl Stud 2014;30: 321-33 12) J Adolesc Health 2007;40:390-7 13) J Coll Stud Dev 2008;49:625-32 14) J Behav Addictions 2015;4:53-9 15) Harm Reduct J 2005;2:1-20 16) Health Commun 2012;27:98-106 17) NASPA J, 2009;46:1-29 18) Addiction 2012;107:1148-58 19) J Consult Clin Psychol 2015;83:494-9 20) Addiction 2009;104:1569-78



NFL expected to see record \$35 billion in gambling this season

- The American Gaming Association expects \$35 billion to be legally wagered this NFL season, a fresh record.
- That would mark more than 30% growth over the \$26.7 billion Americans wagered over the course of last year’s season of the National Football League, according to the AGA.
- Licensed sportsbooks like DraftKings, FanDuel and ESPN Bet are working to claim a bigger share of the action.
- Today, sports betting is live and legal in 38 states and Washington, D.C.

**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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