

# GAMBLING AWARENESS



**PROBLEM GAMBLING AWARENESS MONTH**

→ **SEEKING UNDERSTANDING**

## WHAT IS PROBLEM GAMBLING AWARENESS MONTH?

Problem Gambling Awareness Month (PGAM) is a nationwide grassroots campaign, held annually in March, that seeks to increase public awareness of problem gambling and promote prevention, treatment, and recovery services.

The 2025 Problem Gambling Awareness Month theme, "Seeking Understanding," highlights the urgent need to address the widespread misunderstanding and stigma surrounding problem gambling. By fostering greater awareness and understanding, we can challenge these misconceptions, reduce stigma, and offer support to those who need it.

**BEYOND THE BET**  
*A Theater Piece Exploring  
 The Chances We Take*

Join us as we view a theatrical program to raise awareness on Problem Gambling through monologues.

**WEDNESDAY, MARCH 26**  
 11 am - 1 pm  
 Hybrid format - in person or via Teams  
 UCFS Healthcare Community Room  
 47 Town Street, Norwich

Food and refreshments will be served.

To register email [bettorchoice@ucfs.org](mailto:bettorchoice@ucfs.org) or call 860-823-3094.  
 Please specify if you will be attending in person or through Teams.  
 In person registration ends on March 19.

This program is pending approval for 1.5 CEC by NASW CT and meets the continuing education criteria for CT LSCWs, LMSWs, LMFTs, LPCs and licensed psychologist's licensure renewals and for 1.5 CEC by IPGCC. (Please advise when registering what CEC you would qualify for, if applicable).

Presented by Brought to you by With Support from

JOIN US FOR A GREAT EVENT

IT IS OPEN TO ALL.

**Issue #40 March 2025**

Contents

1. Beyond The Bet
2. Problem Gambling Awareness Month
3. If You Bet, Know Your Limits

UCFS Bettor Choice Team

Celaura Estrada Supervisor

Casey Little Clinician

Kendra Kahns, Clinician

Barbara Kalpin, Peer Counselor

**(860) 823-3094**

The annual observance of Problem Gambling Awareness Month (PGAM) begins on March 1st, 2025. PGAM plays a vital role in enhancing public understanding, breaking down barriers to care, and fostering open discussions about the impact of gambling on individuals, families, and communities. It unites various stakeholders, including public health organizations, advocacy groups, professional sports leagues, and gambling operators. Through this collective effort, we aim to raise awareness, reduce stigma, and increase access to resources, ultimately creating a foundation to support those affected by problem gambling year-round.

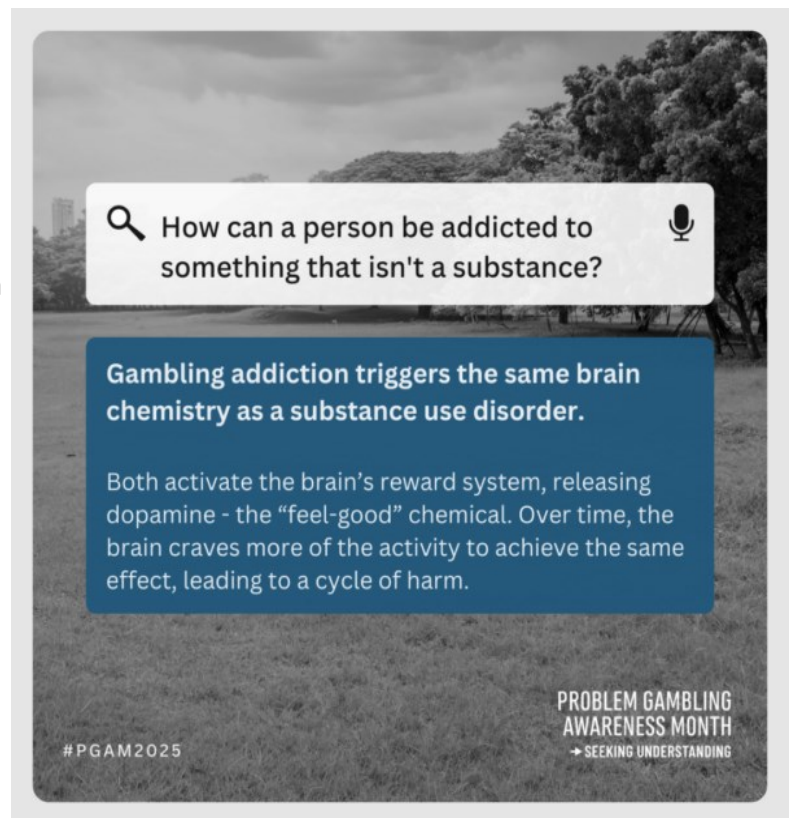


## Problem Gambling Awareness Month 2025

PGAM is intentionally aligned with the NCAA basketball tournament, a time when gambling is a frequent topic of conversation. March is a prime opportunity for organizations to promote a better understanding of what is and isn't true about problem gambling. As millions of people engage with the tournament, it offers a unique moment to raise awareness about the risks of gambling, educate the public, and challenge common misconceptions. By leveraging this heightened attention, PGAM helps foster open discussions, reduce stigma, and increase access to resources, ensuring that conversations about problem gambling are timely and ongoing throughout the year.

This year's PGAM theme, "Seeking Understanding," aims to raise awareness of problem gambling as a serious yet often misunderstood mental health condition. Building understanding within the general public is essential, but dispelling long-held myths requires both patience and persistence. Overcoming misconceptions is crucial to fostering a more accurate understanding of problem gambling and its impact.

Last year's PGAM theme, "Every Story Matters," highlighted the importance of sharing the personal experiences of those impacted by problem gambling. This year, we can build on that momentum and begin addressing some of the questions that storytelling can raise for our audiences. While these questions may be uncomfortable, repetitive, or challenging to answer, it is our responsibility as advocates and awareness-builders to engage with them thoughtfully and persistently.



**Even if you hope to win, always expect to lose. Always remember that you're playing to have a good time – not to win**

**If you bet, know your limits**



**MONEY**  
Never borrow money to gamble, and don't gamble money you can't afford to lose.



**Treat gambling as a form of entertainment, and not as a way to make money. Gambling should always be budgeted as an entertainment expense, just like streaming subscriptions, football tickets, and other leisure activities.**

**If you bet, know your limits**



**EXPECT TO LOSE**  
Hope to win, but expect to lose. Remember: you're playing to have a good time – never chase your losses.



**Remember – only bet the money you can afford to lose. Set a budget, don't borrow money to gamble, and always stick to your betting plan.**

**If you bet, know your limits**



**ENTERTAINMENT**  
Treat gambling as a form of entertainment and not a way to make money.



**If you bet, know your limits**



**MAKE YOUR PLAN**  
 Know how much you're willing to lose and how long you want to play.



If you choose to bet, remember to always make a plan and stick to it. Set a budget, and don't play longer than planned.

**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)

**KEEP GAMBLING SAFE & AFFORDABLE**

**Set a limit on time & money & stick to it.**  
**View gambling as entertainment.**  
**Balance gambling with other leisure activities.**



**CONCERNED?**  
**HELPLINE 1-888-789-7777**