

GAMBLING AWARENESS

New Look for the 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

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BETTOR CHOICE GAMBLING TREATMENT PROGRAM

860-823-3094

BEFORE YOU GAMBLE, KNOW THE RISKS

For some, gambling can lead to mental health problems and impact families.

Responsible gambling

The best way to avoid the risks of gaming and gambling is to not play at all. But if you're going to play, there are ways to play it safe.



Educate yourself on how the games work



Take breaks when gambling is no longer fun



Never borrow money to gamble



Set limits of time and money you're willing to spend, and stick to it



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



Problem gambling help is here

Call 1-888-789-7777 or visit responsibleplayct.org.



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For some, gambling can lead to mental health problems and impact families.

Warning signs

There are warning signs that indicate that you or someone you know may be struggling with problem gambling. If you check any of these boxes, you can find resources to help below.

- Gambling to escape**
- Gambling causes problems**
- Gambling to relax**
- Borrowing money**
- Feeling stressed**
- Keeping secrets**
- Chasing losses**
- Can't quit**



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YALE RESEARCH STUDY

**Are you concerned
about your
gambling?**

**Are you 18 years old or older and do you
have a smartphone with internet access?**

You will be compensated for participating.



To learn more call or text
203-506-8043 or email
gamblingstudy@yale.edu

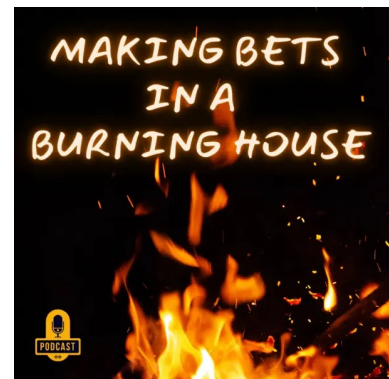
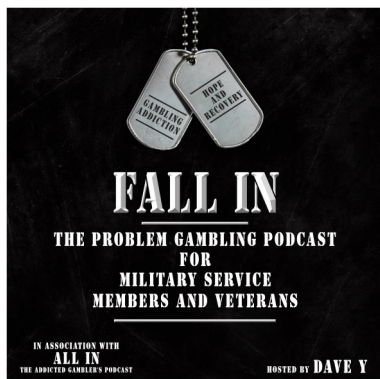
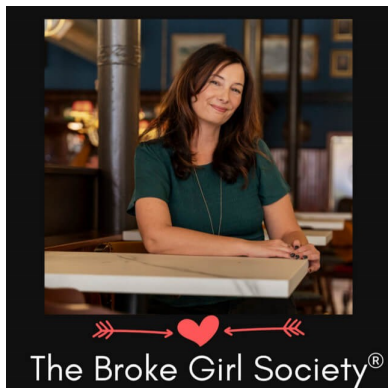
Scan this QR code with your
phone camera to see if you
could be eligible.



Change4Better (C4B)
HIC #20000 39709

PROBLEM GAMBLING RESOURCES

PODCASTS



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

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



KEEP GAMBLING SAFE & AFFORDABLE

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Balance gambling with other leisure activities.

CONCERNED?
HELPLINE 1-888-789-7777

