

Gambling Awareness

KNOW THE RISKS OF GAMBLING

Why it matters

Problem gambling can impact different aspects of your life.
Among people who experience problem gambling:

67.2%

experience mental health problems

30%

experience relationship problems

51.6%

experience financial problems

What is the Bettor Choice Program?

At Bettor Choice, we offer counseling for adults (18+) with gambling problems and those affected by gambling (i.e. spouse, family members, significant others and loved ones).

What Services do we Offer?

We offer individual, couples, family, and group counseling. If necessary, medication management can be used as an option.

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UCFS Healthcare

BETTOR CHOICE GAMBLING TREATMENT PROGRAM

860-823-3094

Legal NFL betting estimated to reach high of \$30B in 2025



NFL bettors are expected to wager approximately \$30 billion on the league this season with legal sportsbooks in the United States, according to an estimate recently released by the American Gaming Association.

The \$30 billion figure is approximately an 8.5% increase from a revised estimate of \$27.5 billion last year and is based on the national growth of wagering in 2025 and statistics from states that report football-specific betting data, according to the AGA, which represents the gaming industry in the U.S. The amount includes money bet on futures wagers, such as the odds to win the Super Bowl, and individual games from the preseason through Super Bowl LX, but only at traditional sportsbooks in the U.S.

Thirty-eight states and the District of Columbia have legal betting markets with licensed sportsbooks. Americans also stake money on the NFL with daily fantasy sites, sweepstakes operators and prediction markets that allow customers to trade on sports outcomes such as buying and selling stocks.

A spokesperson for Kalshi, a popular prediction market site, said \$62.5 million has been traded on the NFL already this year.

In 2024, more bets were placed -- and more money was wagered -- on the NFL than any other league at sportsbook DraftKings, despite there being significantly fewer games compared to the NBA and Major League Baseball.

A 2024 survey by the National Council on Problem Gambling found that "risky gambling behaviors" have leveled off after rising significantly from 2018 to 2021 during the coronavirus pandemic and with the rapid expansion of sports betting in the U.S.

Sports leagues and players' unions have reported upticks in threats by bettors made online to athletes, coaches and officials. The NFL says its security team monitors social media and online platforms and conducts background checks on individuals making threats.



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

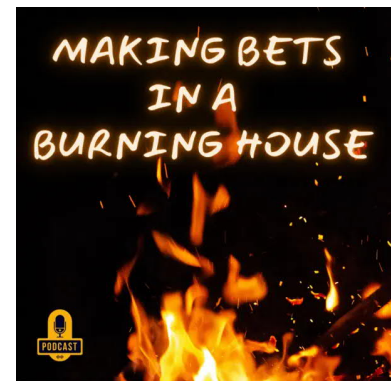
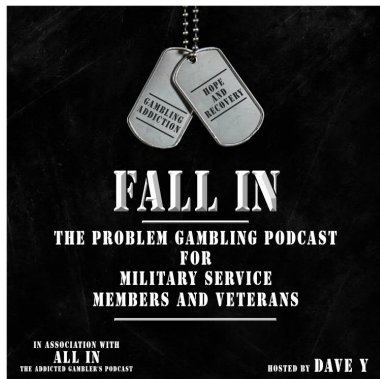
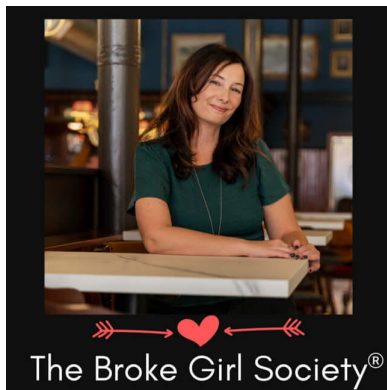
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PROBLEM GAMBLING RESOURCES

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



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