GAMBLING AWARENESS

NFL Week 1 Drives $3.12B ($3,120,000,000) in Prediction Market Volume

Trading volume across eight of the largest prediction-market platforms reached $3.12 bilion on the first Sunday of NFL action this season.

That followed $3.17 billion in total volume on Saturday, with the highest-volume day in history being driven by college football games, according to an analyst note by Jefferies cited by Front Office Sports.

Kalshi led the way, generating $4.89 billion in volume over the weekend.

That included more than $590 million traded on individual Week 1 NFL contracts alone, making for the second-highest all-time volume for an event on Kalshi behind only the 2026 World Cup winner, according to Time. The platform reached a new total daily record of $2.433 billion on Sunday.

Leading the way on Sunday was the $112.8 million on the primetime game between the Dallas Cowboys and New York Giants. The highest volume during the slate of day games was $39.6 million for the Minnesota Vikings' comeback win over the Green Bay Packers, with the lowest being $8.4 million on the New York Jets' victory over the Tennessee Titans.

By contrast, competitor Polymarket generated $404 million in volume on Sunday. That's compared to $532 million during an average day during the World Cup, according to FOS.

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Contents

1. Prediction Market Record for NFL Betting
2. Seasonal Depression & Gambling
3. Signs of a Problem w Gambling

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Seasonal Depression and Gambling

By Holly Savitsky, LCSW, ICGC-II

Even if symptoms don't meet the criteria for something like Seasonal Affective Disorder (SAD), that doesn't mean that we're not impacted by the change in seasons. When daylight decreases at the end of summer, some people notice an increase of depressive symptoms such as hopelessness, sadness, fatigue, loss of interest in activities, and changes in appetite and/or sleep patterns. When there is a history of uncontrolled gambling, it's important to reflect on previous triggers. For example, if there is a history of gambling as an escape from negative symptoms and those symptoms might increase in the fall and winter, this could be a trigger for increased urges to gamble. Situationally, the days are shorter and colder, which can limit the availability of healthy outdoor activities.

If you experience an increase in symptoms and/or urges to gamble during the fall and winter months, reach out for help. A holistic approach that addresses both physical and mental health is often beneficial. You can consult with your medical provider about things such as medication, checking vitamin D levels, exercise, and phototherapy. Speak with your mental health provider about how to manage symptoms, thoughts and behaviors that are causing harm by identifying potential triggers and developing healthy coping skills. Reach out to your natural supports, such as family and friends, to stay connected and encourage each other. Don't give up hope- spring will come again!

Signs of a Problem with Gambling?

Gambling addiction can be devastating to the person who gambles and their family. These are some of the signs that you may have a problem with gambling:

Lying to family and friends about where you went and what you were doing and how much you spent.

Chasing losses - desperately trying to win back the money you have lost gambling.

Borrowing money - either to gamble more or to pay the bills because you have lost your own money.

Always betting more - placing bigger and bigger bets.

Being obsessed with gambling - you think about it all the time, how you are going to get the money, how you can get to the venue, planning what lies to tell your loved ones, worrying about what you are doing.

Being unable to stop gambling - you know it is causing harm, you want to stop, but you just keep going back to it.

Gambling out of need - you need to gamble to feel normal, to get away from stress of life. You can't cope without gambling.

Gambling to forget - you focus on the slots, sports or the horses and you forget all the lies and the problems that gambling is causing you.

Stealing or committing fraud to gamble - your morals and values are undermined as you desperately seek money to keep on gambling.

Gambling because it is the most important thing in the world - eventually gambling becomes more important than your work, your marriage, your kids, your job.







