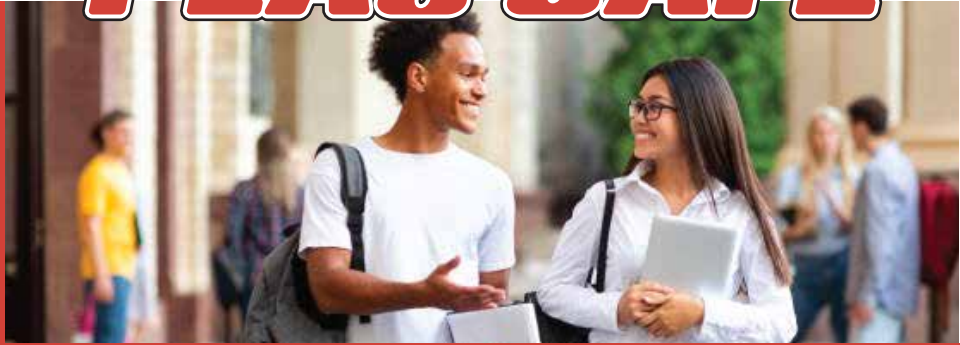


# In Connecticut, **COLLEGE STUDENTS** **PLAY SAFE**

Ever ask yourself

**“Does my friend have  
a gambling problem?”**

If so, you likely saw a sign that  
made you concerned.



People can experience issues with gambling just like they can with substance use. Learn more about the warning signs, the action steps to play safer, and how to get someone help.

## **What is Gaming and/or Gambling?**

A person gambles when they take part in an activity that risks something of monetary value for the chance that they may win something.

Types of activities that are gambling include:

- ➔ Casino games (cards, poker, roulette, slot machines, etc.)
- ➔ Lottery games (Powerball, Mega Millions, etc.)
- ➔ Off-track betting (OTB)
- ➔ Online casino sites and apps
- ➔ Online games that offer in-app purchases like loot boxes
- ➔ Scratch-off tickets
- ➔ Sports betting and fantasy sports apps
- ➔ Stocks and cryptocurrency – if you try to time the market for short-term gains



Something of monetary value can include:

- ➔ Cash
- ➔ Credit card charges
- ➔ Actions or services, such as buying dinner or performing a task
- ➔ Tangible items (clothes, accessories, electronics, etc.)

## **Gambling is Common on Campus**

**18%**

gamble weekly or  
more often<sup>1</sup>



**3 out of 4**

college students gambled  
in the past year<sup>1</sup>

**10%**

experience problem  
gambling<sup>2</sup>

# Gambling is Linked to Mental Health and Substance Use Disorders<sup>3</sup>

- ❗ Alcohol use disorder
- ❗ Anxiety disorders
- ❗ Mood disorders
- ❗ Nicotine dependence
- ❗ Personality disorders
- ❗ Suicide risk

## Signs That Someone May Need Help

- ❗ Borrows money to gamble
- ❗ Chases losses – they try to get back lost money by gambling more
- ❗ Exaggerates wins or minimizes losses
- ❗ Feels restless or irritable when not gambling
- ❗ Lies to friends, family, or others to hide how much time or money is spent on gambling
- ❗ Loses or risks relationships, school activities, or job opportunities due to gambling
- ❗ Seeks help to pay off financial losses
- ❗ Spends a lot of time gambling or planning to gamble



## Action Steps to Avoid the Risks

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

- ✔ Know that there is always risk in gaming and gambling
- ✔ Know the rules, risks, and odds of the games you play
- ✔ Create a monthly budget with all your income and expenses – and only gamble with money set aside for entertainment
- ✔ Never borrow money to gamble
- ✔ Never use money intended for other purposes, like food or rent
- ✔ Set a spending limit when you play – and don't go over that limit
- ✔ Set a time limit when you play – and stop when that limit is hit
- ✔ Avoid the use of alcohol and other substances when you play
- ✔ If you have concerns about your mental health, get help before you spend any time gaming or gambling



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## Where to Find Help

**Connecticut Problem Gambling Helpline** – (888) 789-7777

**Connecticut Council on Problem Gambling** – [ccpg.org/chat](https://ccpg.org/chat)

**Department of Mental Health and Addiction Services** – [ct.gov/dmhas/pgs](https://ct.gov/dmhas/pgs)



### Sources

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2. Nowak, D.E. A Meta-analytical Synthesis and Examination of Pathological and Problem Gambling Rates and Associated Moderators Among College Students, 1987-2016. *J Gamb Stud.* 2018;34:465-498.
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