



COLLEGE STUDENTS: SIGNS OF PROBLEM GAMBLING

Fact

Problem gambling among college students is more than **DOUBLE** that of the general adult population.

WOULD YOU RECOGNIZE IF GAMBLING WAS BECOMING A PROBLEM?

- » Gambling for longer hours or with more money than intended
- » Lying to friends and family about gambling
- » Borrowing money frequently to gamble
- » Grades dropping due to preoccupation with gambling
- » Unable to stay awake in class from late night gambling
- » Wins and losses create mood swings
- » Gambling to escape life's hassles and stressors
- » Arguing with family or friends about your gambling
- » Using tuition, scholarship, or book money for gambling
- » Selling personal belongings to gamble or to pay gambling debts
- » Increasing gambling to try to win back money lost

Saying yes to even one of these signs could be a **red flag for developing a gambling problem**

Most people can gamble responsibly and never develop a problem. For some, gambling is a problem for which they have little and/or no control. If you choose to gamble, set a plan and stick to it. If you lose, don't borrow money to gamble more; if you win, quit while you're ahead.

If you believe that gambling is getting out of control for you or a loved one, please call the

PROBLEM GAMBLING HELPLINE

1-800-346-6238

1-800-34 NO BET

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

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