

To the Editor:

March is **Problem Gambling Awareness Month**, a time to draw attention to an often-overlooked public health issue affecting individuals, families, and communities across Connecticut. Gambling-related harm does not always present in obvious ways, yet it can significantly impact mental health, finances, relationships, and overall well-being.

According to the **2024 Impacts of Legalized Gambling in Connecticut Study**, an estimated **51,000 adults in Connecticut experience problem gambling**, with nearly **140,000 more considered at risk**. When family members are included, more than **146,000 Connecticut residents** are directly affected by gambling-related harm. The study also found that **younger adults—particularly men ages 18 to 34—face the highest risk**, underscoring the growing need for early education and prevention as gambling becomes more accessible and widely promoted.

The impact of gambling-related harm extends well beyond the individual. The study reports that **up to one in six people experiencing problem gambling also report serious family consequences**, including relationship violence, separation or divorce, and child welfare involvement. Despite these risks, **more than one-third of individuals experiencing gambling problems do not seek help**, often attempting to manage the issue on their own due to stigma, lack of awareness, or uncertainty about available support.

Problem Gambling Awareness Month serves as an important reminder that help is effective, confidential, and available. Individuals and families impacted by gambling-related harm can access **free, confidential support 24/7** through Connecticut's Problem Gambling Helpline at **1-888-789-7777**, or by live chat at **ccpg.org/chat**. No one has to face this alone.

Name

Title / Organization (optional)

City, Connecticut

Alternate Version 1: (Minimal Statistics)

To the Editor:

March is **Problem Gambling Awareness Month**, a time to highlight a serious but often misunderstood public health issue affecting individuals and families across Connecticut. Gambling-related harm can impact mental health, finances, and relationships—often without visible warning signs.

Recent research shows that thousands of Connecticut residents experience gambling-related harm, with younger adults facing particularly elevated risk. The effects extend beyond individuals, placing stress on families and loved ones and contributing to

relationship and financial instability. Despite these challenges, many people experiencing harm do not seek help, often attempting to manage the issue alone.

Problem Gambling Awareness Month reminds us that support is available and effective. Connecticut residents can access **free, confidential help 24/7** by calling the Problem Gambling Helpline at **1-888-789-7777** or by chatting with trained specialists at **ccpg.org/chat**.

Name

City

Alternate Version 2: Short with One Key Data Point

To the Editor:

March is **Problem Gambling Awareness Month**, an opportunity to raise awareness about gambling-related harm and the importance of early support. Gambling harm can quietly affect mental health, finances, and family relationships, often long before a crisis occurs.

According to a recent statewide study, **more than 50,000 Connecticut adults experience problem gambling**, with younger adults facing the highest levels of risk. Families are often impacted as well, yet many people experiencing harm do not reach out for help due to stigma or lack of awareness.

Support is available. Connecticut offers **free, confidential help 24/7** through the Problem Gambling Helpline at **1-888-789-7777**, with live chat available at **ccpg.org/chat**. No one has to navigate this alone.

Name

City