

THIS BROCHURE PROVIDES COLLEGE STUDENTS WITH THE INITIAL TOOLS TO RECOGNIZE THE SIGNS OF A PROBLEM, AVAILABLE RESOURCES, WAYS TO HELP AND TIPS FOR LOWER RISK GAMBLING.

WHAT IS GAMBLING?

Gambling is the act of betting (risking money/personal belongings or something of value) on a game's outcome that is uncertain or depends on some element of chance (e.g. at home poker games, lottery, sports wagering, casino/internet gaming, betting on games of skill, such as pool, basketball etc.)

PROBLEM GAMBLING

Is a progressive behavioral addiction where an individual has an uncontrollable preoccupation and urge to gamble and an emotional dependence on it. It is characterized by increased preoccupation with gambling, a need to wager more money or more frequently, chasing losses, restlessness or irritability and a continuation of the behavior despite negative consequences.

Risks: Problem gambling is known as the 'the silent addiction' and can sneak up on any college student regardless of age, sex, race or religion and can occur in many different types of environments (casinos, residential halls, bars, internet etc.) with a variety of games.

SAFER/LOWER RISK GAMBLING

Safer gambling represents informed choice on the probability of winning, a pleasurable gambling experience in low risk situations and wagering in sensible amounts in accordance with state and federal laws.



FOR 1 IN 25 COLLEGE STUDENTS, GAMBLING IS A PROBLEM THAT HAS A SIGNIFICANT NEGATIVE IMPACT ON THEIR LIFE.

COLLEGE STUDENTS & GAMBLING

Did you know...

- About 50% of college students in the U.S. report having been involved in some form of gambling in the past year and 5-10% report being involved on a weekly basis.
- 3-8% of college students can be classified as problem/pathological gamblers.
- About 21% of Missouri college students reported gambling in the past year and 3% reported gambling at least once a week.

MOST STUDENTS THAT GAMBLE, DO SO RESPONSIBLY...

However, it can also become problematic and addictive in similar ways to more commonly known addictions like tobacco, alcohol and other drugs. Understanding the distinction between safe and risky gambling can be difficult, especially for students just beginning to experiment with it. Know the odds and risks associated with gambling before engaging in the activity.

Visit <http://gambling.missouri.edu> for more information

SPOT SIGNS OF A PROBLEM

- Frequent unexplained absences from work, school, family obligations and other important events
- Problems with personal relationships; withdrawing from friends & family
- Decreased productivity or sudden drop in grades
- Gambling to escape stressors, life problems or worries
- Encouraging or challenging others to bet/gamble
- Organizing sport pools and excessive interest in sport stats
- Excessive phone, text or internet use
- Betting with money set aside for other things like tuition, books, rent or food
- Feeling sad, anxious, fearful or angry about gambling losses
- Discomfort in talking about money or financial management
- Lying about whereabouts; missing household items or borrowing money
- Visible changes in behavior (severe mood swings, personality or personal hygiene changes, disturbed sleep/eating patterns) and/or increased symptoms of depression.



Any gambling behavior that causes disruption in major areas of life such as personal, vocational, social or psychological can be considered problematic.

GAMBLE FOR LEISURE NOT FOR LIFE . . .

For most college students, gambling is a social or recreational activity that does not cause many problems in their life. **For those that choose to gamble**, the following information/guidelines can help to ensure that it does not lead to problems.

- Set limits on how long and how often you play.
- Never gamble alone; always go with friends who will help keep you in check.
- Treat the money you gamble with as a cost of entertainment. Set an amount you can afford to lose and leave the ATM and credit cards at home.
- Create balance in your life. Gambling should be one of many activities you engage in.
- Avoid gambling when stressed, depressed, troubled or in physical pain.
- Become aware of the warning signs of a problem/addiction.

KNOW THE ODDS:

Remember... organized gambling is a business and it exists because they make money off those who gamble! The odds of winning are stacked against us and in the long run the house always wins.

ALTERNATIVES TO GAMBLING

College students can relax, have fun and reduce stress in lots of other ways besides gambling.

- Go for a walk, bike ride, play a social sport or try yoga
- Hang out with friends, watch a movie or go dancing
- Go to a local concert, play or cultural event
- Take a road trip to a new city; try a new restaurant

IF YOU'RE CONCERNED ABOUT A FRIEND...

- Educate yourself on the consequences and signs of problem gambling.
- Seek help/guidance for yourself in dealing with the problem.
- Express your concerns in a non-judgmental and empathetic way with specific noticeable behaviors.
- Ask what you can do to help. Leave this open ended or suggest specific tips to reduce harm (low risk gambling behaviors).
- Avoid lending money to the friend you're concerned about.



WHEN IS IT TIME TO GET HELP? 10 Question Survey

- 1 Do you often think about gambling during the day and/or about planning your next gambling venture?
- 2 Have you ever taken time off work, school or other obligations to engage in a gambling related activity?
- 3 Do you ever gamble as a way to escape from problems?
- 4 After losing, do you feel a need to gamble again to win back the money?
- 5 Have thoughts of gambling ever caused you to feel stressed, anxious or lose sleep?
- 6 Have you ever felt the need to lie to your friends/family about gambling activity?
- 7 Have you borrowed money to finance your gambling?
- 8 Have you ever felt depressed, guilty or suicidal because of your gambling losses?
- 9 Have you made repeated, unsuccessful attempts to stop gambling?
- 10 Have you ever felt that you might have a gambling problem?

If you or your friend answers "Yes" to any of these questions, consider seeking help from a professional regarding these gambling concerns. Important information is listed on the back of this pamphlet for places to receive an assessment.

INFORMATION & HELP FOR MISSOURI RESIDENTS

Partners In Prevention Gambling Website:
<http://gambling.missouri.edu>

Missouri Alliance to Curb Problem Gambling:
<http://www.888betsoff.com>, 1-888-BETSOFF (1-888-238-7633)
Free counseling available for anyone living in Missouri

OTHER WEBSITES & CONTACTS

Friends 4 Friends
<http://www.friends4friends.ca>

National Center for Responsible Gaming
<http://www.ncrg.org>

National Council on Problem Gambling
<http://www.npcgambling.org>

Minnesota Problems Resource Center
<http://www.miph.org/gambling>

Gamblers Anonymous
<http://www.gamblersanonymous.org>



For content references, please visit gambling.missouri.edu

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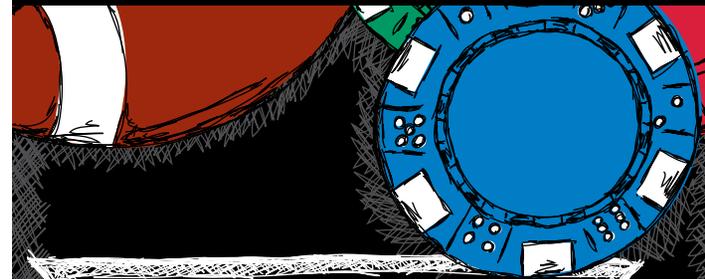
For further information on this and other wellness issues facing college students contact:

Partners in Prevention
<http://pip.missouri.edu>
(573) 882-4634



<http://gambling.missouri.edu>

Keeping the Score presents...



WANNNA BET?

KNOW WHEN IT'S A PROBLEM:
TIPS & INFORMATION TO HELP A FRIEND



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