

# WHAT YOU NEED TO KNOW ABOUT PROBLEM GAMBLING

## WHAT IS GAMBLING?

Risking money or something of material value on something with an uncertain outcome in hope of winning additional money or something of material value

## WHAT ARE THE WARNING SIGNS?

- Lying to friends/family about gambling
- Avoiding/neglecting responsibilities/problems due to preoccupation with gambling
- Frequent mood swings
- Gambling to solve problems & change mood
- Conflicts in relationships
- Making unsuccessful attempts to cut back or stop
- Seemingly irresistible urges to gamble
- Borrowing money to gamble
- “Chasing” after lost money by further gambling
- Theft of goods or money to gamble

## WHO CAN HELP?

- Problem Gambling Helpline (24/7, Confidential, Free) - 888-789-7777
- Bettor Choice Treatment Programs
- Problem Gambling Services of DMHAS
- CT Council on Problem Gambling
- Western CT Coalition

## WHAT ARE SOME DIFFERENT GAMBLING ACTIVITIES?

- Casino gambling
- High stakes Bingo
- Lottery
- Keno
- Charitable gaming
- Off track betting (OTB)
- Sports betting
- E-gaming
- Fantasy sports betting

## WHAT CAN YOU DO?

- Join the Region 5 Problem Gambling Awareness Team.
- Have the conversation about problem gambling with your friends and family.
- Check out the wide range of resources across the state.

