

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.

For more information on the Region 5 Problem Gambling Awareness Team, contact Kathy Hanley at 203-743-7741