



# ALCOHOL, DRUGS, GAMBLING And COLLEGE STUDENTS



## Fact

Connecticut University students with a gambling problem have been found to have higher rates of tobacco and marijuana use, binge drinking and eating, use excessive weight control measures and report more negative consequences when using alcohol

CONNECTICUT COUNCIL on  
**PROBLEM  
GAMBLING**

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www.problemgambling.org

Anyone who gambles can develop a problem, but some groups are more at risk than others. Those with a personal or family history of substance abuse, gambling problems or other mental disorders are at higher risk.

## WHAT YOU NEED TO KNOW

**AVOID DRINKING ALCOHOL AND USING OTHER MIND ALTERING DRUGS WHEN GAMBLING AS THESE SUBSTANCES ARE LIKELY TO INFLUENCE YOUR DECISIONS WITH MONEY.**

- **Problem drinkers** are more likely to have a gambling problem than persons without a drinking problem.
- Pathological or problem gamblers have **higher rates of alcohol dependence** than non-gamblers and low risk gamblers.
- One in three persons with a gambling problem **also abuses alcohol** compared to about one in ten in non-gamblers.
- Use of **cocaine and anabolic steroids** is illegal and regular use of these substances is associated with problems connected to gambling.

If you or someone you care about has problems resulting from alcohol or drugs and gambling, please call the

**PROBLEM GAMBLING HELPLINE**

**1-800-346-6238**

**1-800-34 NO BET**