

# **Problem Gambling**

## **WINNING and LOSING**

**they are both part of gambling.**

At some point, every college student will have to make choices about gambling. If you gamble, a problem *could* develop now or in the future.

Be aware that gambling is not risk-free, and if you lose control ... your education and future opportunities are at stake.

- **College students with a personal history of abuse, trauma, addiction (e.g. substance abuse), and mental disorders (e.g. depression) are at a higher risk of developing a gambling problem.**
- **College students with a gambling problem may suffer negative health consequences (e.g. stress-related disorders such as headaches, ulcers, high blood pressure) as a result of their gambling problem.**
- **Student athletes who are discovered to have gambled on any sporting event will be removed from their sports team and risk being expelled from school.**
- **Excessive absences from school in order to gamble will likely cause a decline in grades.**
- **Gambling losses have been known to result in the loss of money needed for books and tuition and even create serious debt.**

If you or someone you care about has a problem with gambling, please call the Problem Gambling Helpline at 1-800-346-6238 / 1-800-34 NO BET.

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