

Common types of gambling.

- ✓ Sports betting
- ✓ On-line betting
- ✓ Cards
- ✓ Dice games
- ✓ Races
- ✓ Betting on games of skill
- ✓ Lottery tickets, lottery games
- ✓ Board games
- ✓ Bingo, raffles

“My grandfather gave me a credit card to help pay for my tuition and living expenses. I don’t know how I will tell him that the card’s maxed out, I’m 4 months behind on my rent, the Dean put me on academic probation and my boss fired me for not showing up to work – again!”

male, age 21

Can you spot the bluff?

Gambling problems can be easy to hide.

But if you look for the following signs in yourself or someone you know, you might save a harmful loss down the road.

- ✓ Lying to friends and family about how much money or how often you are gambling.
- ✓ Borrowing from friends or family, running up credit cards or stealing to gamble.
- ✓ Betting with money set aside for tuition, rent, books, phone bills or food.
- ✓ Neglecting classes, schoolwork, job or other responsibilities due to a preoccupation with gambling.
- ✓ Dramatic mood swings connected with winning and losing.
- ✓ Conflicts in relationships with friends, family or employer due to gambling.
- ✓ Frustration when daily life interferes with gambling.
- ✓ Gambling as an escape from stress, loneliness, depression or anger.
- ✓ Believing that gambling is an easy or good way to increase your cash flow.
- ✓ Making more frequent or larger bets to win back losses.
- ✓ Want to stop gambling but can’t.

Cut your losses, and call for help.

1-800-522-4700

www.KSGamblingHelp.com

college students



**Playing with
your future?**

If you suspect you or a friend has a problem with gambling, your best bet is to learn more about gambling addiction and do something about it today.

The odds are against you.

You probably think that you're immune to problem gambling, that you can control the impulse and walk away from the table or computer at any time. Unfortunately for some, that may not be true. The facts show the deck is not stacked in your favor.

- ✓ The level of gambling problems among college student is double the rate of the general population.
- ✓ 23% of college students report gambling weekly.
- ✓ 70% of male and 47% of female college athletes have wagered in the past year.
- ✓ Members of fraternities and sororities are more likely to participate in gambling activities than non-affiliated students.
- ✓ 5.5% of college students who gamble will experience a lifetime of problem gambling behavior.

Texas Hold'em = Lose \$
Alcohol + Texas Hold'em = Lose more \$

"I've been gambling for less than a year. My parents don't know that I have maxed out a couple of credit cards. Not sure how I am going to tell them."

female, age 18

"It was on my mind all the time. I woke up every day thinking about it, thinking that today would be the big win. Every day was supposed to be 'That Day.' It never came."

male, age 19

"It was exciting for me... When I didn't want to deal with the pressures of school or the things going on in my life, I could go online and play the game. I could lose myself there. It felt good. I could forget about all the things I hated about my life... but I never thought it would end up ruining my life."

female, age 20

Gambling problem?

Getting Help is your **Best Bet.**

800.522.4700 ksgamblinghelp.com

The stakes are high.

Most people experience few, if any, negative consequences when they gamble. In fact, many find gambling to be an enjoyable social activity. However, for some, as they continue to gamble, the stakes increase, so do the losses, and the negative outcomes begin to outweigh the potential rewards.

Consider these gambling facts:

- ✓ The younger you start gambling, the higher your risk of having a gambling problem later in life.
- ✓ Though a few people win at gambling, far fewer win big. Most gamblers lose, and some lose big.
- ✓ You can't dig yourself out by "Chasing your losses," gambling a little longer or increasing the stakes to win back what you've already lost. The result is usually more losses and increased debt.
- ✓ Some people reach the point where they can no longer control their need to gamble, just like other addictions.