

## Gambling in College Students: Fact Sheet

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Three-fourths of college students place a bet each year,<sup>1</sup> and common forms of gambling include:

- card games<sup>1,2</sup>
- sporting events<sup>1,2</sup>
- lottery and scratch tickets<sup>1,2</sup>
- casino games<sup>2</sup>
- online gambling, including online poker and fantasy sports<sup>3,4</sup>

Ten percent of college students have gambling problems.<sup>5</sup>

Rates of gambling problems are higher in college students than adults.<sup>5,6</sup>

- Student athletes are prone to gambling and problem gambling.<sup>2,7</sup>
- Students who smoke, drink, or use other drugs have high rates of gambling problems.<sup>2,8,9</sup>
- Proximity to a casino is associated with rates of gambling problems in college students.<sup>10</sup>

Gambling problems in college students are associated with:

- Feelings of guilt and depression.<sup>2,11</sup>
- Risky sexual behaviors.<sup>7,12</sup>
- Low social support.<sup>13</sup>
- Debt.<sup>14</sup>
- Suicidal ideation. Up to 18% of college students with gambling problems attempt suicide.<sup>7</sup>

Although all colleges have policies for alcohol and other drugs,  
less than one in four colleges have policies on gambling.<sup>15</sup>

Only 15% of college counseling center websites  
post information about problem gambling.<sup>16</sup>

Just 7% of college administrators have received information about gambling.<sup>17</sup>

### What can you do?

- Have the conversation! Talk with college students about gambling and its risks.
- Encourage students with concerns to call the gambling helpline (1-888-789-7777) or text (847-973-5684).
- Help those with problems get treatment ([www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)). Treatment for gambling works, and college students respond well to brief gambling interventions.<sup>18-20</sup>
- Ask college administrators to raise awareness of and address gambling on campuses.

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