

Teens and Gambling ~ Fact Sheet

Problems with gambling can extend to other areas:

- Feelings of guilt, stress, worry, or sadness.
- Loss of friendships.
- Low grades in school.
- Alcohol and drug use.
- Legal difficulties.
- Suicidal ideation. Up to 25% of youth with gambling problems attempt suicide.



WHAT CAN YOU DO IF YOU KNOW A TEEN WITH GAMBLING PROBLEMS?

- Talk with them about it!
- Encourage them to call the gambling hotline (1-888-789-7777)
- Help them get into treatment (www.ct.gov/dmhas/pgs)



Treatment for Gambling Works!

- Over 75% of persons treated reduce their gambling substantially.
- Other psychosocial problems decrease markedly with gambling treatment.
- Youth and college students respond well to brief interventions.

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Teens most commonly gamble on card games, pools, lottery/scratch tickets, sports, games of skill, fantasy sports games. Over 10% of teens gamble twice a week or more often. About 4% of boys aged 14-21 have a gambling problem.



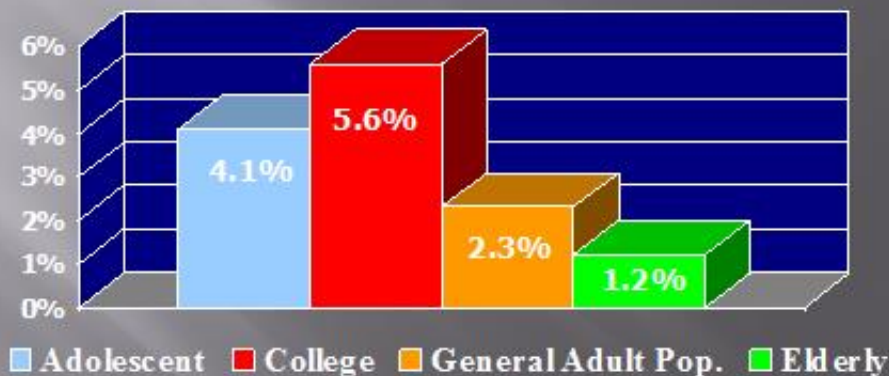
Signs of gambling problems include:

- Spending more money and time than intended
- Borrowing or taking money from others to gamble.
- Desperation to win back lost money.

Most likely to develop a problem with gambling, teens who

- start gambling at younger ages
- gamble with their parents
- have family members with gambling problems
- smoke cigarettes, drink alcohol, or use drugs
- with family members who smoke or drink alcohol problematically.

Rates of Problem Gambling Across the Lifespan



Carlson & Moors, 1998; Shaffer & Hall, 2001; Moors, 2001; Volberg, 2001

DMRAS - Problem Gambling Services 2010

PGS PROBLEM
GAMBLING
SERVICES

What is gambling? The act of risking something of value, including money and property, on an activity that has an uncertain outcome.

What is social gambling? Social gamblers gamble for entertainment, will not risk more than they can afford, and often gamble with friends. They gamble for a limited period of time and are not preoccupied with gambling.

Resources for Help

Problem Gambling Services
Department of Mental Health & Addiction Services, State of CT
860-344-2244

Services include
Peer Support; Bettor Choice Program Sites; Local, regional and statewide Prevention Services.

The Connecticut Council on Problem Gambling (CCPG)
Helpline 1-888-789-7777,
www.problemgambling.org

