

In Connecticut,
COLLEGE STUDENTS
Gamble Responsibly



ResponsiblePlayCT.org



Action Steps to Avoid the Risks

- ➊ Know that there is always risk in gaming and gambling
- ➋ Know the rules, risks, and odds of the games you play
- ➌ Only gamble with money set aside for entertainment
- ➍ Never borrow money to gamble
- ➎ Set a spending limit when you play
- ➏ Set a time limit when you play

Help Others Stay Safe



Know Where to Find Help



Help Others Stay Safe



Connecticut Council on Problem Gambling
ccpg.org/chat



Find Resources



Connecticut Problem Gambling Helpline
 (888) 789-7777

Know Where to Find Help



Anyone can experience issues with gambling just like they can with substance use. Learn more about the warning signs, the action steps to play safer, and how to get someone help.



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3 out of 4 college students gambled in the past year¹

18%

gamble weekly or more often²



Only 1/3 of incoming college freshman feel prepared to manage their money³

Sources:

- Bureau of Labor Statistics, Bureau of Economic Analysis, Federal Reserve Bank of Atlanta. Comparisons of gambling and alcohol use among college students and noncollege young people in the United States, 1999-2004. [atlanta.federalreserve.gov/econsec/bankofatlanta/pubs/atlanta/atlanta.htm](http://www.federalreserve.gov/econsec/bankofatlanta/pubs/atlanta/atlanta.htm)
- Health Affairs. Health-related quality of life among adults in higher education.