GET GAME READY

YOU MAY BE AT HIGHER RISK FOR PROBLEM BETTING

Nationwide, the rate of problem betting and gambling among college students is **6%** – more than double the general population. And **3 out of 4** college students have reported engaging in some form of betting.

A CAUSE FOR CONCERN

Betting and gambling have more of an effect on mental health than you may think. A recent study found that **58%** of college students report feelings of anxiety, and **50%** report feelings of depression. Gambling should not be used as a coping mechanism or a form of escapism.

Instead of betting, try joining an on-campus club, playing your favorite sport through an intramural league, or having a weekly dinner with friends.

COLLEGE STUDENTS MOST FREQUENTLY GAMBLE THROUGH:

- Sports Betting
- Fantasy Sports
- Online Gaming
- Card Games

EFFECTS OF PROBLEM BETTING

Struggling with problem betting has more effects on people than just losing money. Problem betting or gambling could lead to:

- Anxiety
- Depression
- Suicidal thoughts

RECOGNIZE THE WARNING SIGNS

The signs of a person struggling with betting and gambling are not always easy to see. A few signs to look for include:

- Gambling more often or with more money
- Withdrawing from relationships
- Borrowing money

TIPS FOR RESPONSIBLE BETTING

There are ways to ensure betting stays responsible. Here are a few tips to keep betting safer:

- Setting limits on how much you bet
- Keeping gambling a social activity
- Having other hobbies outside of betting

ARE YOU AT RISK?

If you or someone you care about is at risk of problem betting, visit **PauseBeforeYouPlay.org.**

Take the quiz to gauge your risk of problem betting
Find free resources for responsible betting
Get help from free and accessible locations

PAUSE BEFORE YOU PLAY

GAMBLING PROBLEM? 1-800-589-9966

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