

# Social Posts

Social Post #1

 **Pause Before You Play**  
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The rate of college students nationwide who struggle with [#ProblemBetting](#) is double the rate of the general population. Between classes, jobs, and maintaining a social life, college is a stressful time, which could lead students to use betting or gambling as a way to cope and escape. Gauge your risk with the free two-minute quiz at [PauseBeforeYouPlay.org/the-quiz](https://PauseBeforeYouPlay.org/the-quiz) [#PauseBeforeYouPlay](#)



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Social Post #2

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Gambling or betting on sports can be a fun form of entertainment, but it should never be used as a coping mechanism or a form of escapism. Instead of betting, try playing in an intramural league, joining an on-campus club, or picking up a new hobby. Find your strategy for [#ResponsibleBetting](#) and access free resources at [PauseBeforeYouPlay.org](https://PauseBeforeYouPlay.org) [#PauseBeforeYouPlay](#)



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Social Post #3

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College students are at a higher risk of developing a problem with betting or gambling, so it's important to know the signs. A few warning signs include withdrawing from relationships and social activities, betting more often, or hiding betting behavior. If you or someone you know might be struggling, free help is available 24/7 by calling 1-800-589-9966 or texting 4HOPE to 741741. [#PauseBeforeYouPlay](#)



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Social Post #4

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Did you know that three out of four college students have reported engaging in some form of gambling or betting? Fantasy sports, [#SportsBetting](#), online gaming, and card games are the most popular forms of gambling. If you think you or someone you know might be struggling with a problem with gambling, free help is available 24/7 by calling 1-800-589-9966 or texting 4HOPE to 741741. [#PauseBeforeYouPlay](#)



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Social Post #5

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Between maintaining good grades and experiencing independence for the first time, many college students may turn to betting or gambling as a way to escape the stress of college. Gauge your risk for [#ProblemBetting](#) by taking the free 2-minute quiz at [PauseBeforeYouPlay.org/the-quiz](https://PauseBeforeYouPlay.org/the-quiz) [#PauseBeforeYouPlay](#)



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