



# Problem Gambling Awareness Week

Bulletin 4

## Keep the Problem out of Gambling

### Ways to keep the PROBLEM out of gambling

1. Gamble as a form of recreation, not a way to make money.
2. Low-risk gambling is done as a social activity with family, friends or colleagues, not alone.
3. Always set the amount of money you are willing to lose before you start to gamble.
4. Set limits on the amount of time you gamble, both in terms of how often and for how long.
5. Don't borrow money to gamble from any source.
6. Using alcohol or other drugs when gambling impairs judgment and reduces control

### **High risk situations when best to avoid gambling:**

- \* When feeling lonely, angry, depressed or under stress
- \* When grieving a death or loss
- \* When in early recovery from a substance use or mental health disorder
- \* When in financial distress
- \* When coping with relationship or other personal problems
- \* When feeling a need to impress others

### **Are some forms of gambling more risky?**

The two forms of gambling that are consistently listed on community surveys as of most concern and that are the most often engaged in by helpline callers are slot machine gambling and instant lottery scratch tickets.

These 2 forms of gambling share some common features:

- They are very fast paced
- You get immediate results
- You don't need any skill or special knowledge to play
- You can play by yourself (you don't need another person to compete against)
- You can have "near wins" that fuel continuing play
- They are both based on the most powerful intermittent reinforcement learning strategy.

For additional assessment materials, treatment manuals and videos go to:

<http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=467186>

Or for more information contact

Lori.Rugle@ct.gov, Problem Gambling Services at 860.344.2244 or

[www.ct.gov/dmhas/problemgambling](http://www.ct.gov/dmhas/problemgambling)

**Toll Free Problem Gambling Helpline: 888-789-7777 or**

**PG Chat: [problemgambling.org](http://problemgambling.org)**