

Problem Gambling Awareness Month

Bulletin 1



PROBLEM GAMBLING
AWARENESS MONTH
→ HAVE THE CONVERSATION

Keep the Problem out of Gambling

What is Gambling?

According to Gamblers Anonymous:

“Any betting or wagering for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or ‘skill’ constitutes gambling.”

Connecticut Gambling Facts

91% of adults in Connecticut have gambled in the past year.

An estimated **2.4%** of Connecticut adults (**66,867 citizens**) are believed to manifest a gambling disorder.

And an additional **109,615 adults are currently at risk** for developing serious gambling problems in Connecticut.

As the statistics show us, gambling is a very normal activity among adults in Connecticut.

Most adults can gamble as a form of entertainment without creating serious problems in their lives, just as most adults can drink alcohol without having significant problems. However, just as with alcohol, a substantial number of people develop potentially life-threatening problems.

If you choose to gamble:

1. Understand that gambling is entertainment **with risk**
2. Be aware of your **personal risk factors**
3. Know how to **keep the problem out** of your gambling

Stay Tuned ...

In the next bulletins we will talk about ways to understand personal risk factors, how to define low vs. high risk gambling and ways to keep the problem out of gambling.

For more information contact Jeremy.Wampler@ct.gov, Problem Gambling Services at 860.344.2244 or www.ct.gov/dmhas/pgs

Toll Free Problem Gambling Helpline: 888-789-7777