Gambling /ˈgæmblɪŋ/noun: any behavior that involves the risk of money or anything of value on the outcome of a game, contest, or other event. This includes but is not limited to lotteries, card games, pools or raffles, sports betting.

Problem Gambling /ˈprɒbləm ˈgæmblɪŋ/ noun: any gambling behavior that interferes with a major area of life, impacting such things as personal relationships, finances, or academics.

Pathological Gambling /ˌpæθəˈlɒdʒɪkəl ˈgæmblɪŋ/noun: characterized by uncontrolled gambling well beyond the point of a social or recreational activity, such that the gambling has a major disruptive effect on the gambler's life.

“Gambling” Includes:

- Lottery/numbers
- Casino gambling
- Cards or Dice games
- Betting on college or professional sports
- Betting on horse/Dog races
- Internet gambling
- Bingo and raffles

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www.cwu.edu/wellness
Gambling can be fun as long as you are of legal age and gamble responsibly. Many college students assume gambling is a risk-free activity, but research has shown that, for a small percentage of college students, gambling for fun can turn into a serious problem.

- Set a money/time limit and stick to it.
- Make it a rule not to gamble on credit or borrowed money.
- Losses = cost of recreation.
- Expect to lose and treat any winnings as a bonus.
- Avoid trying to win back lost money.
- It shouldn’t interfere with / substitute for friends, family, work, or school.
- Don’t gamble as a way to cope with stress, loneliness, or depression.
- Become educated about the warning signs of problem gambling.

Have FUN!!! Reduce Risk!
WARNING Signs

- Frequent unexplained absences from classes
- Sudden drop in grades
- Progressive preoccupation with gambling
- Withdrawal from friends & family
- Visible changes in behavior (e.g. mood changes, behavior problems, etc.)
- Decline in health, increased symptoms of depression
- Lies about engaging in gambling behavior
- Feels compelled to chase losses
- Feels need to increase betting amounts
- Unsuccessful attempts to cut back or stop
- Gambles to escape worry or problems
- Exaggerated display of money and/or material possessions
- Unexplained debt
- Feast or famine cash flow

Having problems as a result of your gambling doesn’t mean you necessarily have a gambling disorder, but could signal future problems. Keep in mind that some of these behaviors could indicate other difficulties such as alcohol or drug problems. Help is available. See resources on page 5.
Cannot conduct a wager on any college or professional sporting event in which the NCAA conducts a championship. This includes:

1. Wagers for items such as cash, meals, or apparel.
2. Fantasy sports leagues, or
3. Sports pools such as March Madness bracket contests

Cannot share information that could be used to wager on sports, such as:

1. Injury updates
2. Team disciplinary actions, or
3. New plays or schemes

See [www.ncaa.org](http://www.ncaa.org) for more information.
RESOURCES

Help is available!

WA State Problem Gambling Helpline:
1-800-547-6133

www.collegegambling.org
http://gambling.missouri.edu
www.gamblersanonymous.org
www.evergreencpg.org
www.ncrg.org
www.cwu.edu/wellness