

## GAMBLING

# Gambling Disorder has the highest suicide rate out of any addiction disorder.\*

As a student, the chance to gamble or place bets on college sporting events can seem appealing. However, gambling has the potential to negatively impact your finances, relationships, academics and more. It's important to ask yourself questions about your gambling habits to determine if it's impacting your health and wellness.

### ASK YOURSELF:

- 1 Have you ever found yourself in trouble financially due to gambling?
- 2 Has gambling negatively impacted any personal relationships/have you ever lied to family or friends about your gambling?
- 3 Has gambling affected your classes, grades, sleep or friendships?
- 4 Have you ever felt remorse or guilt after gambling?
- 5 Have you ever borrowed or sold anything to finance gambling?
- 6 After a win did you have a strong urge to return and win some more?
- 8 Have you ever tried to stop or cut back on gambling but been unsuccessful?

\* ["Problem Gambling." Villanova University.](#)

## YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.



If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by problem gambling. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.



CALL:

**(855) 581-8111**



TEXT:

**(855) 895-8398**



CHAT:

**YourLifelowa.org**

## GAMBLING

Those who suffer from gambling problems are also more likely to have mental health or other substance use disorders. It can sometimes be hard to identify when gambling has become a problem. Only 8% of people experiencing a problem with their gambling seek help.\*

### SIGNS OF PROBLEM GAMBLING:\*\*

- 1 Borrowing money and lying about spending
- 2 Increased amount of time spent online
- 3 Acting secretive or defensive
- 4 Lack of interest in activities previously enjoyed
- 5 Applying for new credit cards
- 6 Engaging in more risky behaviors (abusing substances, placing increasingly large bets, stealing etc.).

### RISK FACTORS FOR PROBLEM GAMBLING:\*\*

- 1 Family history of a mental health concerns or substance use disorder
- 2 A history of gambling at a young age
- 3 Men are more likely than women to have a gambling disorder
- 4 A natural inclination toward being competitive, easily bored or restless

\* ["Financial Troubles, Health Problems May Be a Sign of Problem Gambling." National Council on Problem Gambling. March 9,](#)


\*\* ["Gambling Rehab & Addiction Treatment." American Addiction Centers. Sept. 7, 2022](#)


## YOUR EVERYDAY LIFE SUPPORT.



Your Life Iowa is here to support you and connect you to help if you have concerns about problem gambling. You can call, text or chat online with us 24/7 - and it's free!

**We walk beside you so you're never alone.**

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