

# Indiana Problem Gambling Awareness Program

## WOULD YOU RECOGNIZE IF GAMBLING WAS BECOMING A PROBLEM?

### Signs of Problem Gambling in College Students:

- Gambling for longer hours or with more money than intended
- Lying to friends and family about gambling
- Borrowing money frequently to gamble
- Grades dropping due to preoccupation with gambling
- Unable to stay awake in class from late nights of gambling
- Wins and losses create mood swings
- Gambling to escape life's hassles and stressors
- Arguing with family or friends about your gambling
- Using tuition, scholarship, or book money for gambling
- Selling personal belongings to gamble or pay gambling debts
- Increasing gambling to try to win back money lost

**Saying yes to even one of these signs could be a red flag for developing a gambling problem.**

**Problem gambling among college students is more than DOUBLE that of the general adult population.**

Most people can gamble responsibly and never develop a problem. For some, gambling is a problem for which they have little or no control. If you choose to gamble, set a plan, stick to it, and educate yourself about what you are up against.

If you or someone you know might have a gambling problem, call the Indiana Problem Gambling Referral Line for a free confidential referral, **1-800-994-8448**.