



DON'T LEAVE YOUR DEGREE ON THE TABLE



- About one in 20 college students develops a gambling problem.

- Problem gamblers often start gambling for

fun with friends. Then they get sucked in, either by believing that they can make big money gambling or by using gambling as a way to cope with loneliness, stress or depression.

- If it goes too far, they find themselves in a financial mess. They miss class. They are stressed out, angry, ashamed and depressed.

Sign of a possible gambling problem

- Gambling more often, for more money or for longer periods of time.
- Gambling in spite of negative consequences, such as large losses or poor grades.
- Lying about how much gambling is being done.
- Gambling to escape from emotional difficulties.
- Chasing losses—gambling more to try make up for losses that are too great.

Reality check: help is free and confidential

If you think you might have a gambling problem, or if you are worried about a friend, help is available:

**OREGON'S FREE PROBLEM
GAMBLING HELPLINE
CALL 1-877-MY LIMIT
(1-877-695-4648) OR
GO TO WWW.1877MYLIMIT.ORG.**

Other resources for help:

PSU Ctr for Student Health & Counseling: 503-725-2800
OHSU Avel Gordly Ctr for Healing: 503-494-4745



“ I'm worried about my roommate. She pawned her stuff for money to gamble. ”

-College student help line caller



Recognizing gambling problems among your friends

- Unexplained absences/sudden drop in grades.

- Sudden visible changes in behavior/personality.
- Possession of a large amount of money, brags about winning.
- An unusual interest in sports scores or stats.
- An intense interest in conversations about gambling.
- Unexplained financial problems or clues about financial problems (borrowing money).
- Starts screening phone calls in fear of debt collectors.

Helping a friend with a gambling problem

- Tell the person what (s)he has done that has raised your concern and how you feel.
- Tell the person what you'd like to see him or her do, including talking to another trusted person and/or getting professional help.
- Tell the person what you're willing to do; this may include: being available to talk again or assisting in finding help.
- Don't lend money or support continued gambling as a solution.

Calling a Counselor

Counselors at the helpline or on campus can offer assistance and help people make changes. Additional options include telephone counseling, in-person individual counseling, and group counseling.

Call the confidential, 24-hour phone number below for information and help:

CALL 1-877-MY LIMIT (1-877-695-4648)

or

**GO TO WWW.1877MYLIMIT.ORG.
(CHAT/IM/E-MAIL)**

**DHS**
Oregon Department
of Human Services

 **Portland State**
UNIVERSITY

**OREGON**
HEALTH
& **SCIENCE**
UNIVERSITY

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