

**The Council on  
Compulsive Gambling  
of New Jersey, Inc.**

The Council on Compulsive Gambling of New Jersey, Inc. (CCGNJ) is a private, non-profit organization committed to the prevention, education and awareness of compulsive gambling. The Council created and maintains the 1-800-GAMBLER® Helpline, which received over 20,000 calls last year. The Council's website, [www.800gambler.org](http://www.800gambler.org), received over 900,000 hits in 2008.

The Council is committed to educating the public about the potential dangers of gambling, in the hopes of raising the awareness and prevention levels of compulsive gambling.

Compulsive gambling is both diagnosable and treatable.

**For speakers, confidential information, and/or help, contact:**

**Helpline: 1-800-GAMBLER ©**

**Website [www.800gambler.org](http://www.800gambler.org)**

**E-mail [ccgnj@800gambler.org](mailto:ccgnj@800gambler.org)**

**Office (609) 588-5515 ext. 10**

If you or someone you know  
has a gambling problem, call  
1-800-GAMBLER®  
or log on to  
[www.800gambler.org](http://www.800gambler.org).



**Compulsive  
Gambling  
and  
College  
Students**

The Council on  
Compulsive Gambling  
of New Jersey, Inc.  
3635 Quakerbridge Rd.  
Hamilton, NJ 08619  
[www.800gambler.org](http://www.800gambler.org)

## What Is Compulsive Gambling?

Compulsive gambling is the inability to resist the impulse to gamble. This leads to progressive deterioration in the compulsive gamblers life.

Compulsive gambling affects relationships, educational and vocational pursuits and causes financial devastation. Many compulsive gamblers will resort to illegal acts in order to get money to gamble.

There are three phases of compulsive gambling:

### **The Winning Phase-**

Fantasies about winning, gambling becomes more frequent, excitement about gambling, amount wagered begins to increase

### **The Losing Phase-**

The gambler may lie to family and friends, debts begin to increase, frequently borrowing more money and covering up gambling activity

### **The Desperation Phase-**

Gambler becomes obsessed with obtaining money to cover losses, severe mood swings, failing health, committing of crimes, suicidal thoughts/tendencies and attempts.

## College Students and Compulsive Gambling

Research shows the gambling affects college students in other areas than their wallets. Relationships, jobs and education are often affected by gambling activity. In 1991, Lesieur et al. conducted research that showed 85% of the college students sampled had gambled, with 23% gambling once a week or more.

College students gamble on the following:

- Cards
- Casinos
- Lottery
- Sports
- Horses/Dogs
- Internet

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Gambling is a relaxing form of entertainment for many. For some, it can be very dangerous.

College students are not an exception to this.

## How Can I Tell?

Typical attributes of young compulsive gamblers are:

### **MALE**

Competitive  
Impulsive  
Popular  
High energy

### **FEMALE**

Leaders  
Good Students  
Organizers of activities  
Athletic

### **Some indications of a gambling problem are:**

- Borrowing from family and friends
- Selling of personal belongings
- Decrease in academic performance
- Increase in debt
- Irritability
- Restlessness
- Depression
- Stealing
- Despair
- Lying to family and friends
- Thoughts/attempts of suicide