How to Find Help for a Problem Gambler:

Call for help 24 hours per day, 7 days per week – 800-GAMBLER and speak with a gambling helpline staff member (All calls are confidential)

Send text to “1-800-GAMBLER”

Visit www.800gambler.org for information, resources, or live chat

Attend a Gamblers Anonymous (GA) or Gam-Anon meeting in your area; meeting locations, times, and dates can be found by calling 800-GAMBLER or by visiting our website at www.800gambler.org
WHY DOES AN ADOLESCENT OR TEEN GAMBLE?

- Relaxation or adventure
- A family member gambles
- Excitement
- To escape negative feelings
- Opportunity
- Socialization

WHAT ARE SOME COMMON CHARACTERISTICS?

- Youth are tech savvy
- A desire for immediate gratification
- Do not fully understand risks
- Still developing control of emotions and impulses
- Typically enjoy playing games

QUICK FACTS:

- Approximately 4-5% of youth, ages 12-17 meet one or more criteria for having a gambling problem
- Another 10-14% of youth are considered ‘at-risk’ for developing an addiction
- DFS and eSports are on the rise!
- In New Jersey over the past 10 years, 12-22% of middle school students report having gambled at least one time in the prior 12 months
- Youths who gamble are more likely to use alcohol or drugs, smoke, and experience depression (MCCG – 2015)

MOST COMMON GAMBLING ACTIVITIES AMONG YOUTH:

- Lottery tickets / Scratch-offs
- Poker
- Sports gambling
- Dice
- Skill-based games
- Routine daily events

WARNING SIGNS:

- Preoccupation
- Borrowing money
- Selling personal items
- Gambling language used frequently
- Unexplained absences from school
- Neglecting household chores
- Declining grades
- Alienation from family and friends
- Inability to cut back or stop gambling
- Lying to friends and family about gambling
- Large amounts of money on hand and showing off
- Bragging about winnings
- Suspected of alcohol or drug use
- Suicidal thoughts

Contact Us:
Council on Compulsive Gambling NJ
3635 Quakerbridge Rd., Suite 7
Hamilton, NJ 08619
Call or Text 1-800-GAMBLER
Visit us on the Web: www.800gamblor.org
SUPPORT. TREATMENT. HOPE.