

Did You Know? A Bimonthly Column from:
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Did you know that **problem gambling** is a growing concern on university campuses?

Do you know what problem gambling is?

Problem gambling is an urge to gamble despite harmful negative consequences or a desire to stop. This may result in such behaviors as needing to gamble beyond what you can afford to lose; lying to people to conceal your gambling problem; and committing illegal acts such as stealing or forgery to pay gambling debts. It is also considered problem gambling if you gamble to escape problems or you become restless or irritable if you can't gamble.

A study of Connecticut campuses indicated that among college students, the rate of **problem gambling** is *twice* (11%) that of the general population (5.4%).* Research also indicates that college students, who have problems with gambling tend to have poor coping skills and lower self-esteem than non-gamblers. Problem gamblers are at a higher risk for depression and problems with other addictions.

If you have a problem with gambling or know someone who has a problem, you may contact the *student assistance counselor*. ***The services are free and confidential to all UConn Waterbury students.***

*Ct Council on Problem Gambling