

Stay ahead of the odds

What to know before you place that bet

What is gambling?

Gambling is risking money or something else of value on a game, event, or outcome you can't control, with the hope of winning more. Sports betting, fantasy sports, scratch-offs, and even card games played for money with friends are all kinds of gambling. These days, gambling is something you can do pretty much anytime and anywhere.



Did you know? Gambling doesn't always look like "gambling." Gambling is taking on new, non-traditional forms. These include prediction markets, cryptocurrency trading, short-term stock trading, e-sports betting, sports card trading, video game features like loot boxes and skins betting, and even blind boxes. People also interact online with gambling *without actually betting themselves*, like watching gambling livestreams on Twitch or TikTok.

Can gambling become a problem?

Yes, and not just in terms of money. Gambling can interfere with your relationships, schoolwork, work, sleep, and mental well-being. It can also monopolize your time, and you can never recover the time you spend gambling. These problems can develop gradually and may not be obvious at first.



Did you know? In one survey of 18–25 year-olds, those who bet on sports were more than twice as likely to report having gambling problems as those who didn't. Other kinds of gambling, like playing casino table games, didn't show the same pattern. Keep in mind that making live (in-game) sports bets, when the odds change in real time, seems to be especially risky, as it can draw you into an immersive mindset and give you more chances to chase your losses.

What are some signs gambling could be a problem?

Here are some signs that gambling might be starting to cause issues for you or someone you know:

- Frequent money stress like trouble paying rent or tuition (e.g., using student loan money to gamble) or increasing credit card debt
- Thinking about gambling all the time, checking apps, planning bets, or replaying wins and losses in your mind
- Borrowing money from friends or family to cover gambling expenses
- Chasing losses because you feel you can recover them and get back to even
- Missing work or school, falling behind, or having trouble staying focused
- Gambling to escape stress, boredom, or problems, or to feel like you belong
- Continuing to gamble even when it's causing problems, like relationship conflict, lying, and blaming others for your losses
- Using alcohol or drugs routinely when gambling
- Feeling like gambling is out of control and being unable to cut back or stop
- Experiencing FOMO that the bet you don't place will hit



Notice any of these in yourself or a friend or loved one? It could mean gambling is starting to affect your life. Flip over for resources that can help you or someone you care about adjust, cut back, or stop gambling.

Choose what works for you

Thinking about making a change to your gambling? Consider sharing your decision with a trusted family member or a close friend. Beyond that, there are lots of helpful resources, and you can choose the path that works best for you.

You're in the driver's seat!

Talk to a professional

National Problem Gambling

Helpline: Free, confidential, 24/7/365 help. Call **1-800-MY-RESET** (697-3738), text 800GAM, or chat ncpgambling.org/chat.

Work it out on your own

Evive: An app for people who want to change or stop gambling. Free in most states. getevive.com.

Lower Risk Gambling Guidelines:

Learn how to reduce your risk of harm. gamblingguidelines.ca.

Podcasts: Options like the *After Gambling Podcast*; *All In: The Addicted Gamblers Podcast*; and *The Broke Girl Society*.

TikTok and YouTube: Videos from creators like [@OdaatGamblingAwareness](#) that feature personal perspectives, peer storytelling, and expert conversations about gambling.

Know Your Play: Resources for preventing gambling harm through financial literacy and improved mental health. knowyourplay.org.

Get support from peers

Support groups: Including Gamblers Anonymous and Gam-Anon (for families/loved ones). Learn more at gamblersanonymous.org or gam-anon.org.

Discussion forums: Connect and share experiences. Visit Reddit's *r/problemgambling* forum at reddit.com/r/problemgambling.

Create your own boundaries

Voluntary self-exclusion: Ban yourself from certain gambling options. To learn more, call the National Problem Gambling Helpline or visit nvsep.org.

Gambling blocking tools: Limit or block your access to gambling websites and apps. Options include *BetBlocker* and *Gamban*. Also, most reputable online gambling sites have self-limiting tools like cool-off periods, self-exclusion, and deposit limits.

Note: When searching for expert help online, look for real credentials and expertise—not just big lists of followers. Also, beware of scams that promise a “quick fix” or a “cure” for your gambling.



Visit DivisionOnAddiction.org/talk-about-gambling
for more information and resources

