

# Tabletop Talks



Brought to you by  
Health AWAREness  
Suites on Maple-East G59  
Center for Health and Well-Being  
(724)-357-4799  
[www.iup.edu/healthawareness](http://www.iup.edu/healthawareness)



## Gambling

Problem gambling is any type of gambling activity that disrupts other areas of your life, or the lives of the people around you. This includes school or work activities, relationships with family or friends, or your own physical and mental health. *(PA Problem Gambling)*

You can lose a lot more than money by gambling. Do you know what is at stake? You're mind, body, job, college education, friends, and family can all be affected by your gambling.

**Gambling and Your Health**  
Problem gamblers often neglect personal needs and suffer from poor nutrition, poor personal hygiene, and lack of sleep. Gamblers often experience psychological problems and are at an increased risk for suicide and alcohol/drug abuse.

15 million Americans display some form of problem gambling. *(PA Problem Gambling)*

75% of college students gambled during the past year. *(National Council on Problem Gambling)*

6% of U.S. college students have a serious gambling problem. *(National Council on Problem Gambling)*

Help is available.

If you or someone you know is struggling with a gambling problem, help is available. Contact IUP's Counseling Center at (724) 357-2621 or the PA Department of Health Problem Gambling Hotline at (877) 565-2112. For more information visit [www.paproblemgambling.com](http://www.paproblemgambling.com).



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## Problem Gambling Warning Signs

Source: [www.paproblemgambling.com](http://www.paproblemgambling.com)

1. You're constantly thinking or talking about gambling.
2. You feel remorseful after gambling.
3. You borrow and/or steal money from family and friends to gamble.
4. You often lose more money and spend more time gambling than you planned.
5. You gamble in order to win back losses or pay off debts.
6. You've made repeated unsuccessful attempts to stop gambling.
7. You believe that a winning streak will never end.
8. You have felt depressed or suicidal because of your gambling losses.
9. You continue to gamble despite severe negative consequences.
10. You run up large credit card bills or use money that should be used for other purposes (i.e. rent money, scholarships, financial aid refund) to continue gambling.
11. You have arguments with family or friends about your gambling.

If you answered "yes" to any of the questions above, help is available. You're not alone.

Contact the Counseling Center (724) 357-2621, call the PA Department of Health Gambling Hotline (877) 565-2112, or visit [www.paproblemgambling.com](http://www.paproblemgambling.com).



Created by Peer Educator: Morgan Chase

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"Madness  
Is Right"



Did you know that the Federal Bureau of Investigation estimates that \$2.5 billion is illegally bet annually on the NCAA March Madness basketball tournament. That equates to paying a years worth of undergraduate tuition & fees at IUP for 27,533 students!

PLAY THE GAME. DON'T BET ON IT.

**IUP Recreation, a part of the Center for Health and Well-Being, offers Drop In and Play badminton, basketball, floor hockey, racquetball, and volleyball. Check out sports equipment with your I-Card at the Zink Hall Pool office. For more information, visit [www.iup.edu/recreation](http://www.iup.edu/recreation).**



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