

KNOW YOUR PLAY

for students

College is an exciting new chapter, but it also comes with new challenges, risks, and pressures that can be difficult to manage. Recognizing risks and learning how to manage them is an essential first step in looking out for yourself as well as friends to help ensure a positive college experience and set you up for future success.



Finances, stress, and gaming

In some ways, life can feel like a gamble, with every decision we make involving uncertainty and risk—whether it's starting a new relationship or pursuing a new job. That's why informed decision-making is so important; having the right knowledge and understanding helps us navigate risks thoughtfully and responsibly.

Principles of stress management and financial decision-making apply to gaming, emphasizing the need to set boundaries, manage risk, and maintain control to prevent negative consequences. Themes from gaming, like recognizing limits of control, handling social pressure, and knowing not to chase losses can be applied to real-life challenges. In both life and gaming, discipline, emotional regulation, and ability to identify a potential problem are crucial for knowing when to take a break and seek support to prevent further setbacks.

We all need a little support sometimes...

There is no shame in asking for help. If you or someone you know is struggling with problems related to gambling, free and confidential helpline support is available 24/7.



- **Call:** 1-800-GAMBLER or 1-800-MY-RESET
- **Text:** 800GAM
- **Chat:** ncpgambling.org/chat/

Reach out to connect with local support. To search for resources by state, please visit: ncpgambling.org/help-treatment/help-by-state/

For 24/7 generalized crisis support related to mental health, alcohol or drug concerns, suicidal thoughts, or if you just need someone to talk to, contact the 988 Lifeline.

For more information go to: knowyourplay.org



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