

# KNOW YOUR PLAY

for parents and university staff



College is an exciting new chapter, but it also comes with new challenges, risks, and pressures that can be difficult to manage for students, parents, and teachers alike. By understanding pressures and how they exist within the gambling landscape, parents and teachers can be proactive in mitigating risks for the young adults in their life.

## What Can You Do?

- Understand levels of exposure that students may have with gaming or gambling.
- Look out for changes in students which may indicate exposure or a potential problem. This may include irritability, preoccupation with sporting events or mobile devices, and requests to borrow money.
- Encourage the integration of university gambling policies, prevention initiatives including financial education, and support resources across campus.

## 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/](https://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/](https://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](https://knowyourplay.org)**



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