



Problem Gambling is Not A Fantasy *WCPG urges responsible betting this football season*

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(Green Bay, WI) – Everyone seems to be interested in pro football. Many are diehard fans cheering on their favorite teams. Many others get involved in fantasy football leagues. Yet others look at pro football for wagering, some legal, but much of it illegal.

As the action on the field heats up, so will the betting action and that’s a concern for the Wisconsin Council on Problem Gambling (WCPG).

“There’s no doubt that a lot of people place bets on football, either pro or college games,” said Rose Gruber, WCPG Executive Director. “The interest in fantasy football leagues also continues to grow. We just want to encourage people to stay within their means when wagering. When gambling gets out of control, the impact can be devastating.”

Sports betting is legal only in Nevada, while the National Gambling Impact Study Commission (NGISC) estimated that illegal wagers reach about \$380 billion annually in the U.S.

“Placing a wager on a football game, or getting in on a football pool or fantasy league, is simple entertainment for the vast majority of people,” Gruber said. “But it can be a long season for problem and compulsive gamblers who usually pay the price for losing more than they can afford over the course of the season.”

Gruber says there are some rules to follow for responsible gambling:

- If you decide to gamble, do so for entertainment purposes
- Look at the money that you lose as the cost of your entertainment
- Always set a dollar limit and remember to stick to it
- Expect to lose more than you win
- Promise yourself that you won’t gamble on credit
- Be sure you have some balance in your life – don’t make gambling your one and only activity
- Avoiding “chasing” lost money
- Don’t look to gambling as a way to cope with emotional or physical pain
- Become familiar with the signs of problem gambling

If you can’t follow these guidelines, Gruber says it may be time for you to seek help. Confidential help is just a phone call away at 1-800-GAMBLE-5.

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*The **Wisconsin Council on Problem Gambling** is funded by a public awareness grant from the State of Wisconsin and additional funding from donors, including Wisconsin Native American Tribes. The Council operates a 24-hour Helpline at 1-800-GAMBLE-5, distributes informational brochures, organizes an annual statewide conference, makes presentations on problem gambling and conducts training sessions for treatment providers interested in the special requirements for working with compulsive gamblers and their families.*

For more information, visit [Wisconsin Council on Problem Gambling](#) or visit us on Facebook at www.facebook.com/WisconsinCouncilonProblemGambling.

If you or someone you know has a gambling problem, call the Wisconsin Council on Problem Gambling Helpline at 1-800-GAMBLE-5 for confidential help.

Media Contact:

Scott Stein

Leonard & Finco Public Relations

(920) 965-7750

sstein@LFpublicrelations.com