



## ***Bowl Season or Betting Season?***

*Problem Gambling Helpline is ready to answer the call*

**For Immediate Release**

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(Green Bay, WI) – From the New Mexico Bowl in mid-December to the BCS National Championship Game on January 7<sup>th</sup>, the upcoming bowl season offers a full plate of games for the college football fanatic. With a total of 35 games over three weeks, there's also a great deal of temptation for those facing an unhealthy fixation on gambling.

[Wisconsin Council on Problem Gambling](#) Executive Director Rose Gruber says the college football bowl season can be a tough time for problem and compulsive gamblers. “Of course, most people can place a bet or two on sporting events for entertainment purposes,” Gruber said. “But it’s a real life losing proposition for those who are addicted to gambling. The impact can be devastating for the gambler and for those close to the problem gambler.”

It’s estimated that five percent to seven percent of the adult population in Wisconsin has a gambling problem. That’s roughly 345,000 state residents.

The Wisconsin Council on Problem Gambling operates a statewide Helpline for problem gamblers and others seeking help. The Helpline is answered 24-hours a day by trained volunteers and professional staff, who can refer callers to counselors as well as [Gamblers Anonymous](#) and [GamAnon](#) (for family members) chapters throughout the state. “There are specifically-trained treatment providers who understand the differences in gambling addictions and are ready to provide needed assistance,” Gruber adds.

Gruber says it’s important for people to watch for the signs of problem gambling. The typical problem gambler:

- Is preoccupied with gambling
- Needs to gamble with a larger pot of money in order to achieve the desired level of excitement
- Repeatedly tries to cut back or stop gambling, but fails
- Gambles as a way to escape problems
- After losing, returns to try to win the money back
- Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of the need to gamble
- Borrows money from family or friends to gamble more and pay back gambling debts
- May have committed illegal acts like forgery, fraud, theft, or embezzlement to finance the gambling habit

*(more)*

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The college bowl season kicks off on December 17<sup>th</sup> and continues through January 7<sup>th</sup> when the [BCS National Championship](#) game concludes the college football bowl season. Of course, the college bowl season is quickly followed by the NFL playoffs and the biggest sports betting event of the year...the Super Bowl on February 5<sup>th</sup>.

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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 Inc.](#) or visit us on Facebook at [www.facebook.com/WisconsinCouncilonProblemGambling](http://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.***

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