



## *College Bowl Season Means Gambling Temptations*

**For Immediate Release**

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(Green Bay, WI) – The college football bowl season kicks off on December 19 with five games scheduled. By the time the national champions are crowned on January 11, there’ll have been 41 games to watch and enjoy...or to bet on and hope for a winner. [Wisconsin Council on Problem Gambling](#) (WCPG) Executive Director Rose Gruber says it’s a time of temptation for those dealing with an unhealthy fixation on gambling.

“Most people can wager on the outcome of football games or other sporting events for fun and entertainment,” Gruber said. “But it’s a real-life, losing proposition for those who are addicted to gambling. The impact can be devastating financially for the gambler, who also stands to lose much more as the gambling impacts his or her family, friends and others.”

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.

“The bowl games certainly get a lot of attention and there is typically an increase in calls to the Helpline this time of year,” Gruber said. “Of course, a lot of the sports betting is done through the Internet and statistics have shown that Internet gamblers are at a higher risk for problem gambling.”

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

- Is always thinking about gambling
- Needs to gamble with a larger pot of money in order to achieve the desired level of excitement
- Gambles as a way to escape problems
- Repeatedly tries to cut back or stop gambling, but fails
- 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

***If you or someone you know has a gambling problem, call the Wisconsin Council on Problem Gambling Helpline at 1-800-GAMBLE-5 or Live Chat through the WCPG website at [www.wi-problemgamblers.org](http://www.wi-problemgamblers.org).***

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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 the [Wisconsin Council on Problem Gambling](http://www.wisconsin-council-on-problem-gambling.org) website, visit us on Facebook at [www.facebook.com/WisconsinCouncilonProblemGambling](https://www.facebook.com/WisconsinCouncilonProblemGambling) or follow us on Twitter at <https://twitter.com/wcpgambling>*

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