

# Gambling - Compulsive Gambling

**Categories :** [Mental Health Care](#), [Youth and Young Adults](#)

The following has been excerpted from the Connecticut Council on Problem Gambling website and from the Connecticut Clearinghouse websites.

## What is Compulsive/Problem Gambling?

According to the Connecticut Council on Problem Gambling, "The terms 'problem' and 'pathological' gambling are encompassing terms which refer to the full range of gambling problems, from mild to severe. The terms 'compulsive', 'pathological' and 'addictive' gambling all refer to a serious mental disorder characterized by out of control gambling resulting in severe negative personal, family, financial, work and/or legal consequences."

More detailed information can be found at the Connecticut Council on Problem Gambling webpage <https://www.ccpbg.org/> and at the Connecticut Clearinghouse webpage <https://www.ctclearinghouse.org/>

## Treatment Resources for Problem Gamblers in Connecticut:

The State of Connecticut has established a compulsive gambling treatment program, called Problem Gambling, which sponsors the Bettor Choice programs. Bettor Choice provides outpatient treatment for compulsive/problem gamblers. More information on the Bettor Choice program can be found at the Connecticut Department of Mental Health and Addiction Services (DMHAS) webpage, [PGS – Home Page \(ct.gov\)](#). Also, the Connecticut Council on Problem Gambling maintains the Connecticut Problem Gambling Helpline, which provides information and referral to professional treatment as well as to Gamblers Anonymous and Gam-Anon support group meetings. The Problem Gambling Helpline numbers is 1-888-789-7777 or Text "CTGAMB" to 53342

## Underage Gambling

Although it is illegal in Connecticut to gamble in a casino unless at least age 21, and illegal under the age of 18 for other forms of gambling, the reality is that many under age people gamble and some develop a gambling problem or addiction. The Connecticut Council on Problem Gambling offers an online guide to youth problem gambling warning signs. Youth who have a gambling problem or who are concerned about a family member's gambling can call the Problem Gambling Helpline for help. Information for parents about youth gambling can also be found online at <https://www.seracct.org/21-for-a-reason/gambling/>. Contact the Connecticut Council on Problem Gambling for school services including curriculum and program development, presentations, educational materials and other requested services.

## To Find Providers in Connecticut's Community Resources Database:

### Search by service names:

[Gambling Counseling/Treatment](#)

[Gambling Support Groups](#)

---

**SOURCES:** Connecticut Council on Problem Gambling; Connecticut Clearinghouse; Connecticut Department of Mental Health and Addiction Services (DMHAS); Problem Gambling Services; SERACCT

**PREPARED BY:** 211/ch

**CONTENT LAST REVIEWED:** January 2025