

MORE THAN A BET

KNOW SOMEONE GETTING UPSET OVER BETS?



START THE CONVERSATION

If someone you know has lashed out at a student athlete over a sports bet, it could be a sign of a deeper issue, like a gambling disorder. Here's how to start the conversation.

1 Help them feel safe

Remember, you're here to help. Help them feel comfortable speaking openly.

- » **Choose somewhere private:** Don't call them out in a group setting — pull them aside privately so they feel comfortable sharing with you.
- » **Don't judge:** Keep it positive. Don't shame them or call them a bad person.
- » **Share resources:** Our website offers responsible betting tips, a quiz to rate your risk for betting harm, and more.
- » **Be patient:** You can't change their behavior for them. Listen patiently and offer to build a plan together.

2 Bring it up gently and respectfully

Whether it's a friend or family member, it can be hard to know what to say. To start, you could try:

- » **"I can see you're going through something tough. Want to talk about it?"**
 - Acknowledging their struggle confronts possible denial.
- » **"The money isn't coming back, but let's figure out what's next."**
 - Offering hope for the future motivates them to seek help now.
- » **"You're not weak or stupid. These apps are designed to hook people just like you."**
 - Being understanding of their situation invites them to open up.
- » **"You're not mad at the student athletes. You're mad at yourself for the situation you're in."**
 - Recognizing the underlying issues guides them toward recovery.

3 What if they get defensive?

It's common for people in this situation to feel targeted. If they get defensive, reassure them that you want to help before the betting harms become more serious.



TAKE OUR QUIZ

Rate your risk of betting harms on our website.

MoreThanABet.org

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