

# Gambling &

# GAMING

Entertaining. Exciting. Enjoyable. Words that are often used to describe gambling. For many, they can be used to describe video gaming, as well. Unfortunately, sometimes video games can become problematic, in a very similar way that gambling does for some people. All too often the outcomes can be devastating.

While gambling and gaming are generally considered to be different from one another, there is now a focus on in-game elements and the structural similarities they have to gambling. Microtransactions, lootboxes, and in-game simulated gambling offer situations where risky activities are presented and without proper protective factors in place, this can lay the foundation for a very concerning problem.



**Council on  
Compulsive Gambling  
of Pennsylvania**

Help is available.

**1-800-GAMBLER®**

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## Gambling & Gaming

Research suggests there is a clear convergence between gaming and gambling. Additionally, the problems that may develop with both activities, also possess similar elements.

Whether it be in-game gambling related activities, or actual wagering on eSports competitions, there is a growing need for awareness of the issues associated with video gaming addiction, as well as how to address the problems.

### Some signs of an issue may include:

- Preoccupation with video gaming
- Absences from school/work
- Decline in school/work performance
- Lack of interest in non-gaming activities

### What Help Is Available?

While different from gambling, there are many similarities to diagnoses and treatment approaches that are utilized in working with individuals struggling with gaming related issues. Many counselors throughout Pennsylvania have experience in working with clients experiencing difficulty controlling both types of activities.

If you think you, or someone you know, may have an issue related to video gaming or gambling, please call the 24/7 toll-free Pennsylvania Problem Gambling Helpline at 1-800-GAMBLER® today.

**Help is just a phone call away.  
Call 1-800-GAMBLER® today**



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