

# PROTECT YOUR BRAIN!

## Are you:

- Watching your grades drop
- Not getting enough sleep
- Running out of money
- Avoiding your friends
- Not talking to your family
- Feeling deeply depressed or anxious.... because you cannot stop playing video games, gambling games, or scrolling and posting on social media?

## Keep this in Mind:

The North Carolina Problem Gambling Program (NCPGP) offers no cost confidential face-to-face and virtual treatment and recovery services to adolescents and adults. NCPGP also offers mini-grants to organizations, schools, colleges and universities to implement prevention and treatment services.

## Resources for Adults & Adolescents

### NC Problem Gambling Program (NCPGP)

- 24/7/365 Toll-free Helpline
- Call: 877-718-5543
- Text: "morethanagamenc.com" to 53342
- Visit: [morethanagame.nc.gov](https://morethanagame.nc.gov)

### Suicide and Crisis Lifeline

- TEXT. Call. Chat.
- 988

### Peer Warmline (Peer Support)

- 1-855-Peers NC

### Grants Available

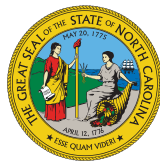
Mini grants – up to \$5000 – available from the NCPGP for organizations that work with adolescents and young adults interested in presenting Stacked Deck, an evidence-based curriculum for problem gambling prevention among teens and young adults.

## GAMES & GAMBLING:

Potential Risks in our Digital World and Free Treatment and Recovery Services



[morethanagame.nc.gov](https://morethanagame.nc.gov)



### NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Division of Mental Health, Developmental  
Disabilities and Substance Use Services  
NC Problem Gambling Program

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North Carolina Problem  
Gambling Program



## What is Gambling?

Gambling is when you risk something of value to you (e.g., in-game currency, skins, money, jewelry, etc.) trying to win something better in a game of skill or chance where the outcome of the game is uncertain.

## What is a Loot Box?

Loot boxes (or crates) are virtual items that can be opened during gameplay for free. But some loot boxes that contain valuable skins and other items to gain an advantage cost money. But beware: you have no idea which item you are going to get until you have already paid! NCPGP considers loot boxes that cost money to be a form of gambling because you are risking money to try to win something more valuable.

## Why Shouldn't I Gamble if I'm Underage?

Underage gambling is illegal and can harm your developing brain and make you more vulnerable to developing a serious problem over time.

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## What Might Indicate I am Developing a Problem?

Are you spending more **time** and **money** that you cannot afford to lose in order to:

Purchase game packs, try to win skins or other items from loot boxes?

**OR**

Access casino games on your phone to try to win more money or prizes?

**OR**

Make bets with friends on the outcome of PvP video games or in Esports Tournaments?



## It's All Connected

Can't get off your phone or stop playing that video game? Some of the same random reward principles in gambling games such as slot machines and video poker are the same ones used to keep us scrolling endlessly through Tik-Tok, feeding money into an arcade claw machine, or waiting for that next chance to level up or even stay alive in our favorite video game. Our digital world is designed to keep us glued to the screen for as long as possible... and sometimes it's until our last dollar is gone.

