



Resource Guide: Impact of Gambling on Youth Mental Health

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

Helpful Resources

<p>NY Council on Problem Gambling Not-for-profit independent corporation dedicated to increasing public awareness about problem and disordered gambling and advocating for support services and treatment for persons adversely affected by problem gambling. You(th) Decide NY aims to empower youth to make educated decisions regarding their gambling behaviors.</p>	
<p>Office of Addiction Services and Supports (OASAS) Learn how to reduce and/or prevent harm and access treatment for problem gambling in NY.</p> 	<p>Parents and Caregivers</p>  <p>Educators and Schools</p> 
<p>PsyPost Psychology and neuroscience news website dedicated to reporting the latest research on human behavior, cognition, and society. The risky use of video game 'loot boxes' is associated with problematic gambling behaviors</p>	

<p>The Jed Foundation (JED) - Gambling Can Be Risky Business for Teens and Young Adults Non profit organization that protects emotional health and prevents suicide for our nation's teens and young adults.</p>	
<p>American Psychiatric Association (APA) - What is Gambling Disorder?</p>	
<p>Parents - Kids as Young as 11 Are Becoming Addicted to Online Gambling</p>	
<p>Mailman School of Public Health, Columbia - Parental Monitoring Lowers Odds of a Gambling Problem</p>	
<p>YMCA - Youth Gambling Awareness Program (YGAP)</p>	
<p>Gambling: Pre-teens and Teenagers</p>	

Visit us at [mental health nys.org](http://mentalhealthnys.org), call (518) 434 - 0439, or contact us directly at schools@mhany.org.