

MARCH IS PROBLEM GAMBLING AWARENESS MONTH

March 09, 2021 – This March, District Health Department #10 (DHD#10) recognizes Problem Gambling Awareness Month. Problem gambling is often referred to as a “hidden illness” or “silent addiction” due to the lack of obvious physical signs or symptoms of the addiction.

In the United States, there are an estimated 2 million adults with a severe gambling problem and another 4-6 million with a mild or moderate gambling problem. With more opportunities to gamble than ever before, such as phone and internet games, video poker, fantasy sports, and more, it is easy for gambling problems to go undetected.

Anyone who gambles can develop problems if they are not aware of the risks and do not gamble responsibly. When gambling behavior interferes with finances, relationships, and the workplace, a serious problem exists.

The amount of money lost or won does not determine when gambling becomes problematic. Gambling becomes a problem when it causes a negative impact on any area of the individual’s life. Those wishing to gamble should follow these responsible gambling tips to reduce their risk of developing a more serious problem.

- Set limits on time and money spent gambling.
- Bet only what you can afford to lose.
- Balance recreational gambling with other healthy activities.
- Avoid mixing gambling with alcohol or other substances.
- Don’t play to escape.
- Understand that everyone loses over time.
- Know when to get help!

If you or someone you know has a gambling problem, call the Michigan Problem Gambling Hotline at 1-800-270-7117. You can also call or text the National Problem Gambling Helpline Network at 1-800-522-4700 or visit www.ncpg.org/chat for confidential help.

For more information and resources on problem gambling, please visit <https://www.dhd10.org/men-women/problem-gambling/>.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families of Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services.

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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



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www.dhd10.org



healthdept10

DHD#10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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