

## MARCH IS PROBLEM GAMBLING AWARENESS MONTH

March 10, 2023 – This March, District Health Department #10 (DHD#10) is recognizing Problem Gambling Awareness Month as an opportunity to increase public understanding of the signs of problem gambling and the availability of prevention, treatment, and recovery services. Problem gambling impacts an estimated 75,000 Michiganders each year.

Problem gambling is often referred to as a “hidden illness” or “silent addiction” due to the lack of obvious physical signs or symptoms like there are with other addictions. 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 to go undetected.

The top 4 signs that someone may have a gambling issue include:

- Lying to hide their gambling activities.
- Gambling larger and larger amounts of money to achieve the same level of excitement.
- Relying on others to pay their bills or gambling debts.
- Restlessness or irritability when trying to cut back on gambling activities.

Those at greatest risk for experiencing gambling problems or addiction include:

- Teens and young people (especially men) between the ages of 25 to 34 years old.
- People who bet on sports.
- People with other addictions.
- Being a veteran.
- Having a family history of problem gambling.

Problem gamblers often experience higher rates of depression and increased rates of suicidal behavior. Treatment and recovery resources are available and do work.

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](http://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/>.

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Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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