



March is Problem Gambling Awareness Month

For the 15th year, Problem Gambling Services, in collaboration with the National Council on Problem Gambling dedicates March to helping people “have the conversation” about problem gambling. Approximately 2 million (1%) of U.S. adults are estimated to meet criteria for a gambling disorder, another 4-6 million (2-3%) experience problems related to gambling; yet for many, gambling remains a hidden addiction. An estimated 30,000 Connecticut adults are believed to manifest a gambling disorder, and an additional estimated 8% of Connecticut residents (approximately 287,000) are considered, “at-risk” of developing a problem with gambling in their lifetime.

Problem Gambling Awareness Month is designed to help raise awareness of the prevention, treatment and recovery services available for those adversely affected by gambling. The grassroots campaign brings together a wide range of stakeholders - public health organizations, advocacy groups and gambling operators – who work collaboratively to let people know that hope and help exist. Across Connecticut, groups hold conferences, host screening and training days, run media campaigns, and conduct outreach to people who can make a difference in ensuring that problem gambling services are widely available and accessible.

As March Madness reaches a crescendo with an estimated \$10 billion in bets placed on the NCAA basketball championship games, calls to the Gambling Helpline spike during the month.

In response to Problem Gambling Awareness Month, there are activities and events happening throughout the State. For more information about participation in March events, along with ongoing treatment and support services, please follow these links:

www.ct.gov/dmhas/pgs

www.ccp.org

www.gamblingawarenessct.org

NCPG is the national advocate for problem gamblers and their families. NCPG is neutral on legalized gambling and works with all stakeholders to promote responsible gaming. For more information on the 32nd National Conference on Problem Gambling, visit www.ncpgambling.org/conference.

To get help for a gambling problem for you or a loved one, call 1-888-789-7777. The call is free and confidential. For more information about problem gambling and how to have the conversation, go to www.ct.gov/dmhas/pgs