



## **FOR IMMEDIATE RELEASE**

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### **March is Problem Gambling Awareness Month**

*Resources and treatment available to those affected*

COLUMBUS – An estimated 90,000 Ohioans are at risk of developing a gambling problem – more than the population of the cities of Youngstown and Canton. As gaming and gambling opportunities continue to expand, raising awareness of responsible gambling and the resources available to those impacted is key.

Governor Mike DeWine has declared the month of March as Problem Gambling Awareness Month in Ohio, encouraging Ohioans “to be aware of responsible gambling, to understand the effects of problem gambling and to get help for themselves, loved ones, patients and clients when gambling is leading to serious financial and health consequences.”

Anyone who gambles can develop a problem. Groups at higher levels of risk include young adults, older adults, adolescents, veterans, and racial and ethnic minorities.

The partners in Ohio for Responsible Gambling (ORG) – the Ohio Department of Mental Health & Addiction Services, the Ohio Casino Control Commission, the Ohio Lottery Commission and the State Racing Commission – are working together to increase the number of gambling treatment providers around the state and improve recognition of the signs and symptoms of individuals at-risk of problem gambling.

Educational outreach sessions on problem gambling prevention, treatment and recovery are offered to groups and focus populations – especially those who have frequent contact with youth and adults who may be at risk of problem gambling.

Here are some tips for responsible gambling:

- Set a limit on time and money.
- Never borrow to gamble or use credit.
- Pay bills first and spend only what you can afford to lose.
- Know that gambling will not solve money concerns.
- Gamble for fun, not to avoid being depressed or upset.

For more information about problem gambling – including how to get help – visit [www.beforeyoubet.org](http://www.beforeyoubet.org), call the Ohio Problem Gambling Helpline at 1-800-589-9966, or text “4hope” to 741741. Ohioans diagnosed with a gambling disorder can receive treatment at no cost.

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