



## What to do if you or someone you know has a gambling problem.

Gambling in Michigan has changed. Once a relatively rare activity, it is now common. Eighty-four percent of Michigan residents have gambled. By latest estimates, Michigan residents spend over \$7 billion annually on legal forms of gambling. That number continues to increase as gambling becomes more accessible to large numbers of people.

For those who become addicted, gambling can lead to serious family and financial hardships.

Approximately four percent of people who gamble ultimately become addicted. In Michigan, that translates to about 300,000 compulsive gamblers.

Women tend to gamble to escape unpleasant situations in their lives, while men more often gamble for the excitement of the games and the hope of a big win. The progression of a gambling problem is usually shorter for women than for men.

Senior citizens are a major target for marketers of gambling, and account for a substantial portion of money spent on gambling in Michigan. Seniors, who are going through major life transitions, such as retirement, loss of a loved one, moving, or health problems, may be particularly vulnerable.

Youths start gambling at home, usually at card games with family and friends. Thirty percent of youths who gamble started doing so before their eleventh birthday.

Almost everyone who gambles loses money in the long run.

If you think you may have a gambling problem, the Michigan Problem Gambling Help-line can help. It's strictly confidential, and the counselors can give you the help and support you need to begin to break free of a gambling addiction. Problem gambling is treatable.

**Call 1-800-270-7117 24 hours a day.**  
**For more information visit:**  
**[www.gamblersresponsibly.org](http://www.gamblersresponsibly.org)**

# Concerned that you or someone you know may have a problem with gambling?

## 20 QUESTIONS:

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

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*Gamblers Anonymous 20 Questions reprinted with permission from Gamblers Anonymous, Inc.*

**Gambling is no way to make money unless you're a casino.**



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