



MICHIGAN GAMING CONTROL BOARD URGES AWARENESS OF RESPONSIBLE GAMING

Gambling Self-Assessment Screening

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 solve financial problems?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing, did you feel you must return as soon as possible to 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 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 problem gamblers will answer yes
to at least seven of these questions**

**For more tips to game responsibly, ways to recognize signs of problem gaming,
and resources for help go to www.michigan.gov/mgcb**



MICHIGAN GAMING CONTROL BOARD IS HERE TO HELP WITH OPTIONS AND RESOURCES

Self-Exclusion Options:

- **Responsible Gaming Database:** Michigan Gaming Control Board's Responsible Gaming Database prohibits establishing any online gaming or sports betting accounts or participating in online gaming and/or sports betting with all providers authorized in Michigan for one year or five years. Problem gamblers may sign up voluntarily for the list using a form on the MGCB website www.Michigan.gov/mgcb
- **Disassociated Person's List:** For more than two decades, the MGCB has maintained a self-exclusion option called the Disassociated Persons List for Detroit casino patrons. Problem gamblers may sign up voluntarily for the list by contacting the MGCB Responsible Gaming Section at 888-223-3044

Other Resources:

- Patrons can find signup options to exclude oneself from specific internet gaming and/or sports betting sites by visiting the responsible gaming section of the provider's website
- **Michigan Department of Health and Human Services (MDHHS)** Gambling Disorder Helpline, 800-270-7117. MDHHS offers resources for problem gamblers including the 24-hour helpline for crisis intervention and treatment referral and other options including screening services and referrals to treatment or support groups. More information on problem gambling resources is available on the MDHHS website www.Michigan.gov/mdhhs
- **Gam-Anon** for family members and friends of the compulsive gambler, contact hotline number 718-352-1671 or www.gam-anon.org
- **Gamblers Anonymous** is a fellowship of men and women who share experiences, strength and hope with each other, contact Michigan Hotline Number: 855-2CALLGA (855-222-5542) or www.gamblersanonymous.org

We're here to help you!

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