



# Gambling Self-Assessment

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1. Has your gambling gotten out of control?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are you hiding or lying about gambling?                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you experiencing withdrawal symptoms when not gambling?          | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you experiencing dysfunction in your daily life due to gambling? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Are you experiencing financial problems due to gambling?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you stealing or using a line of credit in order to gamble?       | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Has gambling affected your mental health?                            | <input type="checkbox"/> | <input type="checkbox"/> |



If you answered “yes” to any of the questions above, you may have a gambling problem.

Call the National Problem Gambling Helpline at 1-800-GAMBLER or Michigan Gaming Control Board Responsible Gaming Section at 888-223-3044.



# Information & Resources



## Michigan Department of Health and Human Services

Trained professionals can arrange a consultation with a counselor. Contact the National Problem Gambling Helpline at 1-800-GAMBLER.

## Gamblers Anonymous

A fellowship sharing experiences, strength, and hope. Visit [GamblersAnonymous.org](http://GamblersAnonymous.org) or call 855-222-5542.

## Gam-Anon

A fellowship for those affected by a loved one's gambling. Visit [Gam-Anon.org](http://Gam-Anon.org) or call 718-352-1671.

## Michigan Lottery

The Michigan Lottery offers tools and support for those seeking help. Visit [MichiganLottery.com/Responsible-Gaming](http://MichiganLottery.com/Responsible-Gaming).

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## Michigan Gaming Control Board Responsible Gaming Section

[Michigan.gov/MGCB](http://Michigan.gov/MGCB) or call 888-223-3044.

### Self-Exclusion options through the MGCB:

#### Responsible Gaming Database (RGD):

Prohibits participation in online gaming and/or sports betting with all providers authorized in Michigan for one year or five years.

**Disassociated Persons List (DPL):** Allows voluntary self-exclusion from all Detroit commercial casinos for life, with the option to request removal after 5 years by submitting a form.

Visit [DontRegretTheBet.org](http://DontRegretTheBet.org) for  
more information and resources.

