



Gambling Self-Assessment



1. Has your gambling gotten out of control?
2. Are you hiding or lying about gambling?
3. Are you experiencing withdrawal symptoms when not gambling?
4. Are you experiencing dysfunction in your daily life due to gambling?
5. Are you experiencing financial problems due to gambling?
6. Are you stealing or using a line of credit in order to gamble?
7. Has gambling affected your mental health?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
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If you or someone you know shows any of these signs, it may indicate 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 Gaming Control Board (MGCB)

Responsible Gaming Section

Phone: 888-223-3044 or www.Michigan.gov/MGCB



Other Resources:

Michigan Department of Health and Human Services

Trained professionals are available to coordinate an initial consultation with a qualified counselor. Contact the National Problem Gambling Helpline at 1-800-GAMBLER

Gamblers Anonymous

A fellowship of individuals who share their experiences, strength, and hope with each other.

Visit www.GamblersAnonymous.org or contact 855-222-5542

Gam-Anon

A fellowship of individuals who have been affected by the gambling problem of a loved one. Visit

www.Gam-Anon.org or contact 718-352-1671

Michigan Lottery

The Michigan Lottery is dedicated to providing tools, information, and support for those seeking help.

Visit www.MichiganLottery.com/Responsible-Gaming

Self-Exclusion Options through the MGCB:

Responsible Gaming Database: 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 a patron to voluntarily self-exclude from all three Detroit commercial casinos for life. There is an opportunity to request removal from the DPL after five years of being on the list by submitting a Request for Removal Form.