



Signs of Problem Gambling in Adolescents



Gambling with money meant for lunch, the bus, or gas



Carrying gambling items like dice, cards, or chips



Skipping class or other school activities to gamble



Borrowing, stealing, or selling items to fund gambling



Lying to friends or parents about gambling



Gambling has caused problems with friends/family

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 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 or call 855-222-5542.

Gam-Anon

A fellowship for those affected by a loved one's gambling. Visit 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.

Form No. MGCB-B-13 2/2025

Michigan Gaming Control Board Responsible Gaming Section

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 for
more information and resources.

