



MICHIGAN GAMING CONTROL BOARD URGES AWARENESS OF REMAINING RESPONSIBLE WHILE GAMING

Online Responsible Gaming Tools

Did you know?

While most gambling doesn't hurt anyone, some people do become "hooked" on gambling and can't stop betting. For those who want to exercise control over their gambling, the online gaming and sports betting providers offer several options on their sites.



Time Limits:

- Customers can opt into a time management system that allows you to limit your daily, weekly, and/or monthly time on the site; after exceeding this time you are prevented from further play.
- Online gaming and sports betting sites offer reminders during your session of time spent on the site and the amounts spent; these can be done every 15, 30 or 45 minutes.



Spending Limits:

- Deposit - limit the total dollar amount that can be deposited to your account on a daily, weekly, and/or monthly basis.
- Total Wager - limit the total dollar amount allowed per wager on a daily, weekly, and/or monthly basis.
- Maximum Single Wager - limit the total dollar amount per line on each wager allowed on a daily, weekly, and/or monthly basis.



"Cooling off Period"

- Many platform providers allow customers to temporarily suspend their account from further gaming; suspensions span from days to weeks and cannot be reversed.
- During the suspension, customers are unable to re-open their account until the scheduled re-opening date.

**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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