

# PROBLEM GAMBLING RESOURCES

**FOR MORE INFORMATION OR ADDITIONAL PROBLEM GAMBLING MATERIALS,  
PLEASE CONTACT THE LOTTERY'S RESPONSIBLE GAMING MANAGER AT (517) 335-5600**

## Common Signs of Problem Gambling

- Lying about the time spent gambling or the money lost
- Being unable to stop or control gambling activity
- Borrowing money to gamble
- Preoccupation with gambling activities
- Gambling more to recover losses
- Missing work or sacrificing time with family to gamble
- Withdrawal when not gambling
- Using gambling as an escape from problems

## How to help someone who might have a gambling problem

If you believe someone may be affected by problem gambling, the following are a few FREE, confidential help and support resources:

- **Michigan Problem Gambling Helpline:** 1-800-270-7117
- **Michigan Problem Gambling Helpline Text & Chat:**
  - **Text:** 1-248-648-3363
  - **Chat:** available at <http://www.michiganlottery.com>
- **National Council on Problem Gambling:** [www.ncpgambling.org](http://www.ncpgambling.org)
- **Gamblers Anonymous:** [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

## Our Commitment

Michigan Lottery is dedicated to ensuring our players are provided with a fun and safe form of entertainment. As part of this effort, \$1 million is provided each year to help fund statewide education and treatment programs for problem gambling, as well as the Michigan Problem Gambling Helpline. Moreover, the Michigan Lottery has partnered with a third-party provider to offer live chat (via [MichiganLottery.com](http://MichiganLottery.com)) and text message support services to anyone seeking help for a gambling problem (see above).

## Problem Gambling Training

Problem gambling training available at:  
[retailers.michiganlottery.com/](http://retailers.michiganlottery.com/)

