



BEFOREYOUBET.ORG

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March is Problem Gambling Awareness Month

Could You Be a Problem Gambler? Take the Quiz to Find Out!

(COLUMBUS, OHIO) One more card flipped; one more roll of the dice; one more spin, ticket scratched, race run, or game played...if this sounds familiar, you may have a problem with gambling. Governor John R. Kasich has declared March 2018 as Ohio Problem Gambling Awareness Month to coincide with the national observance.

The Governor resolves to, "...recognize March 2018 as Problem Gambling Awareness Month throughout Ohio and encourage all Ohioans to participate in the theme, "Have the Conversation," with friends, family, patients and clients about responsible gambling and gambling addiction."

The Ohio for Responsible Gambling state partners, the Commissions of Casino Control, Lottery and Racing and the Ohio Department of Mental Health and Addiction Services, want to make sure that *IF* you gamble, you gamble responsibly. Consider these questions:

- Have you ever bet more than you could really afford to lose?
- Have you ever needed to gamble with larger amounts of money to get that same feeling of excitement?
- When you gambled, did you go back another day to try to win back the money you lost?
- Have you ever borrowed money or sold anything to get money to gamble?
- Have you felt that you might have a problem with gambling?
- Has gambling caused you any health problems, including stress or anxiety?
- Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
- Has your gambling caused any financial problems for you or your household?
- Have you felt guilty about the way you gamble or what happens when you gamble?

Visit www.beforeyoubet.org/the-quiz/ to see how you did on the quiz.

Along with the ORG partners, Ohio's county Alcohol, Drug Addiction and Mental Health (ADAMH) Boards and community service agencies want to ensure that gambling remains a fun pastime for those who want to take part. For any individual or family members who need help because of a gambling problem, Ohio offers quality prevention and treatment services available at no cost.

For those who want to make sure that gambling remains safe and responsible, the tips below will help:

- Set a limit on how much money and time will be spent gambling.
- Never borrow to gamble or use credit.
- Pay bills first, and spend only what you can afford to lose.
- Know that gambling will not solve money concerns.
- Gamble for fun, not to avoid being depressed or upset.

Anyone who gambles can develop a problem. Groups at higher levels of risk include young adults, older adults, adolescents, veterans, and racial and ethnic minorities. Individuals new to taking medications for Restless Leg Syndrome or Parkinson's might also develop a gambling problem.

To learn more or get help for yourself or a loved one, visit www.beforeyoubet.org, webchat with a counselor, or talk to a counselor on the Ohio Problem Gambling Helpline at 1-800-589-9966. To text with someone, text "4hope" to 741741.

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Executive Department

OFFICE OF THE GOVERNOR

Columbus

RESOLUTION

WHEREAS, the State of Ohio, Ohio for Responsible Gambling and the National Council on Problem Gambling have designated March 2018 as Problem Gambling Awareness Month; and

WHEREAS, problem gambling is a public health issue affecting nearly one million Ohio adults of all ages, races and ethnic backgrounds; and

WHEREAS, problem gambling has a significant societal and economic cost for individuals, families, businesses and communities; and

WHEREAS, problem gambling is treatable and treatment is effective in minimizing this harm to both individuals and society as a whole; and

WHEREAS, numerous individuals, professionals and organizations have dedicated their efforts to the education of the public about problem gambling and the availability and effectiveness of treatment; and

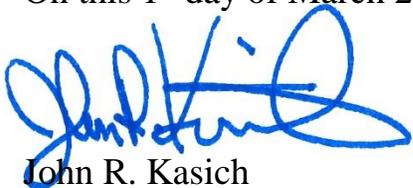
WHEREAS, the State of Ohio, Ohio for Responsible Gambling and the National Council on Problem Gambling invite all residents of Ohio to participate in Problem Gambling Awareness Month.

NOW, THEREFORE, WE, John R. Kasich and Mary Taylor, Governor and Lieutenant Governor of the state of Ohio, do hereby recognize March 2018 as

PROBLEM GAMBLING AWARENESS MONTH

throughout Ohio and encourage all Ohioans to participate in the theme, "Have the Conversation," with friends, family, patients and clients about responsible gambling and gambling addiction.

On this 1st day of March 2018;



John R. Kasich
Governor



Mary Taylor
Lieutenant Governor

