



National Council on Problem Gambling

For immediate release

Contact: Keith Whyte 202-547-9204

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keithw@ncpgambling.org

Don't Let Betting on the Super Bowl Take Control: The National Council on Problem Gambling Offers Help and Hope to Gambling Addicts

As the Super Bowl nears, the National Council on Problem Gambling encourages gambling addicts to seek help.

WASHINGTON, D.C. – The Baltimore Ravens and the San Francisco 49ers take the field on Sunday, but the Lombardi Trophy is not the only thing on the line. The Super Bowl is one of the biggest sporting events of the year for gamblers. For some, betting on the game is a desperate effort to get ahead or get even.

Keith Whyte, Executive Director of the National Council on Problem Gambling, says “Many gambling addicts report substantial financial losses. The problem gambler may feel the only way to quickly get back that money is to gamble more and more, desperately chasing their losses. This can lead to a downward spiral of increasingly negative consequences. The longer you gamble the more likely you are to lose.”

Although most who gamble do so without harm, approximately 6 million American adults are addicted to gambling. Signs of a gambling problem include:

- Using income or savings to gamble while letting bills go unpaid
- Repeated, unsuccessful attempts to stop gambling
- Chasing losses
- Losing sleep over thoughts of gambling
- Arguing with friends or family about gambling behavior
- Feeling depressed or suicidal because of gambling losses

Problem gambling is not just an individual concern; it often leads to negative consequences for the entire community. Nationwide, gambling addiction costs society at least \$6 billion per year.

If betting on a game means too much to you or someone you know, hope and help is available anytime. The National Problem Gambling Helpline (1-800-522-4700) is accessible 24/7 and you will be directed to help in your area. Calls are free and confidential.

The National Council on Problem Gambling (NCPG) is the national advocate for programs and services to assist problem gamblers and their families. NCPG was founded in 1972 and is neutral on legalized gambling. For more information, please visit www.ncpgambling.org.

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