



National Council on Problem Gambling

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Keith Whyte 202.547.9204
keithw@ncpgambling.org

The Most Important Super Bowl Number

WASHINGTON, D.C. – When the New York Giants and the New England Patriots take the field on Sunday, desperate gamblers may be focused on one number—the point spread. "Betting on the Super Bowl is their last ditch effort to get ahead, get even, or just get the bookies off their back," says Keith Whyte, executive director of the National Council on Problem Gambling.

The Super Bowl is one of the biggest gambling events of the year. Some reports indicate that as many as half of all American adults will place a bet on the game. While most who gamble are able to do so without harm, over six million Americans 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
- breaking the law or considering breaking the law to finance your gambling
- feeling depressed or suicidal because of gambling losses
- arguing about gambling behavior with friends or family

Problem gambling often leads to financial devastation, poor health, substance abuse, depression and suicidal behavior. Nationwide, the social cost of gambling addiction is at least \$6 billion per year.

Whyte says everyone who gambles should set a limit and stick to it.

If the betting on the game means too much to you or someone you care about, the most important number may be the National Problem Gambling Helpline (800.522.4700). Calls are free and confidential—hope and help is available anytime.

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The National Council on Problem Gambling 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.

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