March 8, 2023

Dear Friends,

On behalf of the citizens of Maine, I write this letter in support of Problem Gambling Awareness Month, which is recognized during the month of March.

Problem gambling is a public health issue affecting Maine people of all ages, races, and ethnic backgrounds. The 2021 Survey of Problem Gambling Services in the United States estimated that 2.2 percent of Maine adults struggle with a gambling problem. Problem gambling is treatable, and treatment is effective in minimizing harm to individuals, families, and society as a whole.

The State of Maine has established the Gambling Addiction Prevention and Treatment Fund, providing Maine residents access to no-cost treatment services, as well as supporting problem gambling education, prevention, intervention, and recovery. Several organizations, such as the Maine Council on Problem Gambling, AdCare Educational Institute of Maine, the Maine Center for Disease Control and Prevention, the Maine Lottery, the Department of Public Safety Gambling Control Unit, 211 Maine, Portland Recovery Community Center, and Searsmont Counseling Associates all work together to address problem gambling.

This year, during Problem Gambling Awareness Month, we honor Bob Long, LCPC, past president of the Maine Council on Problem Gambling, for his long, productive career as a behavioral health professional, and his dedication, work, and advocacy for building problem gambling services in the State of Maine.

As Governor, I encourage the people of Maine to be aware of problem gambling and to seek help if you or a loved one are struggling with a gambling problem. 211 Maine operates a free 24-hour helpline available by dialing 211 or texting your zip code to 898-211.

Sincerely,

Janet T. Mills
Governor