

Problem Gambling Awareness Month – 2020

31 Days of Social Media posts + Sports Betting Posts



PROBLEM GAMBLING
AWARENESS MONTH
→ AWARENESS+ACTION

Notes and suggestions in gray/italics

Use #hashtags and name organizations and people using their
[@Twitterhandle] in your posts to increase the web of connections
and cross-pollination between posters

1. *[You may want to post this one on Friday, Feb 28 since March 1 is a Sunday.]*
March is Problem Gambling Awareness Month. Learn more about this hidden addiction.
bit.ly/PGAMFAQ #AwarenessPlusAction #PGAM
2. #Problemgambling affects 6+ million Americans. #AwarenessPlusAction #PGAM
3. Does your doctor ask you about your gambling? They should – screening helps. Next Tuesday, March 10, is Gambling Disorder Screening Day – learn how to host your own Screening Day!
#AwarenessPlusAction #PGAM
Cambridge Health Alliance Division of Addiction <https://www.divisiononaddiction.org/qdsd-toolkit> #GamblingScreen @Div_Addiction
4. #ProblemGambling can be a serious mental health condition – it's not about willpower!
#AwarenessPlusAction #PGAM
5. Still no Federal funding for #problemgambling services! \$7 Billion received in Federal taxes on gambling winnings in 2019. #AwarenessPlusAction #PGAM
6. #Problemgambling affects people of any age, gender, religion, social status or education.
#AwarenessPlusAction #PGAM
7. Your awareness may help a loved one with a gambling problem seek the necessary help.
#AwarenessPlusAction #PGAM
8. For help with #problemgambling, call 1-800-522-4700 from anywhere in the US. 24/7, free, confidential. #AwarenessPlusAction #PGAM
9. March is Problem Gambling Awareness Month. Reduce stigma. Help and hope are available.
#AwarenessPlusAction #PGAM
10. **[Note, today is Gambling Disorder Screening Day]*
Does your healthcare provider know how to connect you with #problemgambling treatment?
Find some options at [\[your state's page\]](#). #AwarenessPlusAction #PGAM
11. Gambling can be an addiction too! It can be as addictive as alcohol & drugs.
#AwarenessPlusAction #PGAM
12. #Problemgambling affects women & men, young & old, people of all backgrounds and all ethnicities. You are not alone. #AwarenessPlusAction #PGAM
13. Gambling addiction in US = \$7 billion in social costs. #AwarenessPlusAction #PGAM
14. Family history of #problemgambling? You could be at risk for #problemgambling.
#AwarenessPlusAction #PGAM

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15. Make sure your insurance & EAP providers don't deny you coverage for gambling addiction services. If they say try to, ask them where it is listed in the exclusion section of the insurance policy. #AwarenessPlusAction #PGAM
16. *[The NCAA tournament bracket will be announced on Sunday, March 15 (Selection Sunday). Use #MarchMadness @marchmadness as desired]*
The NCAA estimates that 1 in 10 Americans will complete a tournament bracket. NCPG estimates that there is room to put ['National Problem Gambling Helpline 1-800-522-4700'] on the bottom of the page of 10 out of 10 of those brackets. #AwarenessPlusAction #PGAM #AddtheHelpline
17. Know someone with a gambling problem? Help is available by calling the National Helpline at 1-800-522-4700 from anywhere in the US - 24/7, free, confidential.
#AwarenessPlusAction #PGAM
18. Youth who gamble are more than 2X more likely to binge drink.
#AwarenessPlusAction #PGAM
19. People with gambling problems often also have high rates of depression and increased rates of suicidal behavior. You are not alone. #GetHelp #AwarenessPlusAction #PGAM
20. Veterans have a greater risk for gambling problems. #AwarenessPlusAction #PGAM
21. People with other addictions are at greater risk for problems with gambling.
#AwarenessPlusAction #PGAM
22. Teen rates for #problemgambling are higher than for adults. #AwarenessPlusAction #PGAM
23. #Problemgambling treatment saves lives, preserves families and improves our communities. For help call 1-800-522-4700. #AwarenessPlusAction #PGAM
24. Text 800-522-4700 for #problemgambling information and referral to local help.
#AwarenessPlusAction #PGAM
25. If you can't set and stick to a limit of time and money spent gambling, you may have a problem. Call the National Helpline at 1-800-522-4700 for #problemgambling information and referral to local help. #AwarenessPlusAction #PGAM
26. March Madness may also describe how sports bettors with gambling problems feel.
#AwarenessPlusAction #PGAM
27. Sports betting is gambling. Know your limits. #AwarenessPlusAction #PGAM
28. Of those surveyed, people who bet on sports were 3X more likely to have experienced one of the top 4 signs of #problemgambling. #NGAGESurvey #AwarenessPlusAction #PGAM
www.ncpgsurvey.org [see top 4 signs below]
29. Most college student athletes who gamble started long before college.
#AwarenessPlusAction #PGAM
30. Expanded legal sports betting will likely increase #problemgambling unless steps are taken to minimize harm. #AwarenessPlusAction #PGAM
31. #Problemgambling is preventable & treatable. Visit www.ncpgambling.org for more info and resources. #AwarenessPlusAction #PGAM

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Sports betting tweets for April or mix in during March

You could concentrate these toward end of March as NCAA tournament narrows down. Important dates if you want to shape your posts to the process of the tournament:

- Tournament teams/bracket will be announced on Sunday, March 15 (Selection Sunday)
- Games start on Thursday, March 19
- "Sweet Sixteen" announced on March 23. Games played March 26 – 27
- Elite 8 announced on 27th, teams play 28-29th
- Final Four play on April 4
- Championship game on April 6

1. *[Use #1 & #2 as separate tweets, or separate into 4 tweets. In the tweet, include 1) and 2) to indicate that this is a series of connected tweets]*

1) Top 4 signs of gambling disorder: you may have a gambling problem if one of these applies to you:

--lying to hide your gambling activities

--gambling larger and larger amounts of money to achieve the same level of excitement

#AwarenessPlusAction #PGAM

2. 2) Top 4 signs of gambling disorder (2st of 2 tweets): You may have a gambling problem if one of these applies to you:

--relying on others to pay your bills or gambling debts

--feeling restless or irritable when trying to cut back on gambling activities

#AwarenessPlusAction #PGAM

3. #NGAGESurveySays Only 20% of adults surveyed said they wagered on a sports event or outcome at least once in the previous year. #AwarenessPlusAction #PGAM www.ncpgsurvey.org

4. #NGAGESurveySays Of those surveyed, men are more likely to gamble than women. (78% vs 69% in the past year) #AwarenessPlusAction #PGAM www.ncpgsurvey.org

5. #NGAGESurveySays Of those surveyed, people who bet on sports were 3X more likely than other gamblers to say they needed to gamble increasingly more often for the same feeling of excitement. #AwarenessPlusAction #PGAM www.ncpgsurvey.org

6. #NGAGESurveySays Of those surveyed, the median size of a wager on a game outcome was \$30. If you bet, are your wagers higher than the norm? #AwarenessPlusAction #PGAM www.ncpgsurvey.org

7. #NGAGESurveySays Of those surveyed, people who bet on sports the most are likely to be between the ages of 25 to 34. Young people and males have a higher risk for problem gambling than older people and females. #AwarenessPlusAction #PGAM www.ncpgsurvey.org

8. Males are far more likely than females to both gamble on sports and to experience gambling problems. <http://bit.ly/SBRvwExecSumm> #AwarenessPlusAction #PGAM