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/gdsd-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
Problem Gambling Awareness Month – 2020
31 Days of Social Media posts + Sports Betting Posts

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
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](http://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](http://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](http://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](http://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](http://www.ncpgsurvey.org)