



March is Problem Gambling Awareness Month

Celebrating 20 Years of Raising Awareness

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Washington, DC – This March, the National Council on Problem Gambling will host the 20th annual Problem Gambling Awareness Month (PGAM), an initiative designed to educate and raise awareness about the issue of problem gambling and promote resources for those affected.

Problem gambling impacts millions of people in the United States and can have serious consequences for individuals, families and communities. Approximately 2 million adults in the US are estimated to meet the criteria for pathological gambling, while another 4-6 million adults are considered to have mild or moderate gambling problems; that is, they do not meet the full diagnostic criteria for gambling addiction but meet one or more of the criteria and are experiencing problems due to their gambling behavior. On average, each individual affected by gambling addiction impacts an additional seven to twenty people in their families and communities.

During Problem Gambling Awareness Month, organizations nationwide work to raise awareness of the prevention, treatment and recovery services available to individuals adversely affected by gambling. The grassroots campaign brings together a wide range of stakeholders, including NCPG State Affiliates, public health organizations, advocacy groups, professional sports leagues and gambling operators.

"The 20th anniversary of Problem Gambling Awareness Month is a milestone worth celebrating," said Keith Whyte, Executive Director of NCPG. "For two decades, this initiative has helped to raise awareness about problem gambling. We hope that this year's events will continue to educate and empower communities across the country and reduce the impact of problem gambling."

NCPG has developed a free toolkit of PGAM resources for individuals and organizations participating in advocacy and awareness activities throughout March. This year's campaign hashtag is #PGAM2023, which participants are encouraged to use across various social media platforms.

For more information about problem gambling awareness month and tools for increasing awareness of problem gambling, please visit www.ncpgambling.org/pgam.

About the National Council on Problem Gambling

The National Council on Problem Gambling (NCPG) is neutral on legalized gambling. Based in Washington, DC, NCPG is the only national nonprofit organization that seeks to minimize the economic and social costs associated with gambling addiction. If you or someone you know may have a gambling problem, contact the National Problem Gambling Helpline, which offers hope and help without stigma or shame. Call or text 1-800-GAMBLER or visit www.1800gamblerchat.org. Help is available 24/7 and it is free and confidential.

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