

State Partner News

March is Problem Gambling Awareness Month



The National Council on Problem Gambling (NCPG) and the Maryland Center of Excellence on Problem Gambling are working together this month to increase public awareness of problem gambling and prevention, treatment, and recovery services available in Maryland.

While gambling often is considered a harmless form of entertainment, the rates for older adults' participation in gambling have jumped dramatically over the past several years, as have the problems associated with gambling. According to the NCPG, adults over 65 have identified gambling is a favorite social activity, surpassing movies, lunch, shopping, and golf as preferred social activities.

There are a number of reasons why seniors may be attracted to gambling. For starters, casinos often cater to senior citizens, offering bus transportation, free or discounted meals, special rewards and other prizes that attract older individuals. In addition, gambling can provide a distraction to escape the loss of a spouse or a medical concern, or simply to help reduce feelings of isolation and loneliness.

Contact the [Maryland Gambling Helpline](#) at 1-800-GAMBLER for information and resources available in your area. If you're not sure whether you or a loved one has a problem with gambling, take [this brief screening](#) test from NCPG.

[Veterans and Gambling](#)