



## March is Problem Gambling Awareness Month

As a part of Problem Gambling Awareness Month, **Tuesday, March 9** is National Gambling Disorder Screening Day.

National Gambling Disorder Screening Day is a movement designed to support providers in the identification of gambling disorder. Maryland research studies suggest a high 17% prevalence of co-occurring disorders (e.g., alcohol use disorder, anxiety, depression) among those who are at risk or meet criteria for gambling disorder. Yet, due to limited assessment, many cases of gambling disorder go undetected. Studies show untreated gambling disorder can lead to financial, emotional, social, occupational, physical harms, and may be a relapse risk factor.

For these reasons, all behavioral health providers are strongly encouraged to participate in National Gambling Disorder Screening Day, by using the [Brief Biosocial Gambling Screening \(BBGS\)](#) tool, consisting of just three questions that help identify potential gambling-related problems.

### On Screening Day:

1. Begin with a conversation about gambling.
2. Screen every client with the [Brief Biosocial Gambling Screen](#).
3. Discuss the results.
4. Provide resources.

Maryland offers an array of free resources and services accessible through the Maryland Center of Excellence on Problem Gambling. Services include peer support, a 24/7 call/text/chat helpline: **1-800-Gambler**, and no-cost treatment referrals for individuals or family members/loved ones affected by gambling disorder. Help seeker services are available at [helpmygamblingproblem.org](http://helpmygamblingproblem.org).

For more detailed instruction regarding screening, see the [March 2021 Behavioral Health Provider Clinical Screening Guide](#). For more information on **provider related resources**, such as training, data, or information on how to become a no-cost treatment provider visit [mdproblemgambling.com](http://mdproblemgambling.com) or call 667-214-2120.