



## March is Problem Gambling Awareness Month

As a part of Problem Gambling Awareness Month, **Tuesday, March 8th** 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. A “yes” response to any single item indicates potential gambling-related problems and the need for additional evaluation.

### **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. Services include a 24/7 call/text/chat helpline: 1-800-Gambler, peer support, family peer support, 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 information regarding screening, or provider related resources such as training, data, or information on how to become a no-cost treatment provider see the [March 2022 Behavioral Health Provider Clinical Screening Guide](#), visit [mdproblemgambling.com](http://mdproblemgambling.com) or call 667-214-2120.