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Lottery Announces Problem Gambling Awareness Month

March 2, 2020

LITTLE ROCK, Ark. – March is Problem Gambling Awareness Month, and the Arkansas Scholarship Lottery (ASL) wants to spread the word that help is available around the clock to those who need it.

“We are dedicating March to helping people ‘have the conversation’ about problem gambling,” said Bishop Woosley, ASL director. “Approximately 2 percent of U.S. adults are considered problem gamblers; yet for many, gambling remains a hidden addiction.

“The mission of the Arkansas Scholarship Lottery is to provide proceeds for scholarships in a responsible way. We want people to remember that lottery should be considered entertainment and not a way to make money.”

Last summer the Arkansas Scholarship Lottery received Responsible Gambling Certification from the North American Association of State and Provincial Lotteries and the National Council on Problem Gambling. The certification involves a multi-step verification program to ensure the lottery provides best practices in training for lottery employees and retailers and treatment options for players who may have a gambling problem.

Problem Gambling Awareness Month is designed to help raise awareness of the prevention, treatment and recovery services available for those adversely affected by gambling.

Woosley said problem gambling includes all gambling behavior that damages personal, family or vocational pursuits. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family or suicide.

According to the National Council of Problem Gambling, most problem gamblers will answer yes to at least one of the following questions:

1. Have you often gambled longer than you had planned?
2. Have you gambled until your last dollar was gone?
3. Have thoughts of gambling caused you to lose sleep?

4. Have you used your income or savings to gamble while letting bills go unpaid?
5. Have you attempted to stop gambling, but couldn't?
6. Have you borrowed money to finance gambling?
7. Have you gambled to get money or to meet financial obligations?
8. Have you felt remorseful after gambling?
9. Have you felt depressed or suicidal because of gambling losses?
10. Have you broken the law or considered it to finance gambling?

Problem gambling is a preventable and treatable disorder. If gambling is causing a problem for you or someone you know, help is available. Call or text the 24-hour confidential National Problem Gambling Helpline at 1-800-522-4700, visit ncpgambling.org or contact Gamblers Anonymous at gamblersanonymous.org.

About the Arkansas Scholarship Lottery

More than 92 cents of every dollar of lottery revenue goes to prizes, scholarships, retailer commissions, and other expenses in Arkansas. Since 2009, the lottery has raised more than \$922 million in proceeds for scholarships. More than 542,000 college scholarships have been awarded to Arkansans. The lottery has paid more than \$3 billion in prizes to players, about \$268 million in retailer commissions and more than \$131 million state and federal tax revenue.

Follow the Arkansas Scholarship Lottery on [Facebook](#), [Twitter](#) and [Instagram](#). Visit MyArkansasLottery.com for more information on scholarships, winners, games, odds, promotions – and to join The Club for free. To hear winning numbers, call the Winning Numbers Hotline at 501-682-IWON (4966). To get help with problem gambling, contact the National Problem Gambling Helpline at 1-800-522-4700.

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Arkansas
Scholarship Lottery

PLAY for FUN Play Responsibly

DID YOU KNOW THAT ABOUT 2 OUT OF 100 PEOPLE HAVE A GAMBLING ADDICTION?*

Problem gambling often goes undetected, but recovery is possible.

The Arkansas Scholarship Lottery urges everyone to play responsibly. Always play for fun, and when the fun stops, so should you. Gambling becomes a problem when it causes a negative impact on any area of an individual's life.

YOU MAY HAVE A GAMBLING PROBLEM IF YOU:



Gamble longer than planned or gamble until your last dollar is gone



Use income or savings to gamble while letting bills go unpaid



Lose sleep over gambling



Borrow money to finance gambling or gamble to meet financial obligations



Feel remorseful after gambling or feel depressed or suicidal because of gambling losses



Break the law or consider it to finance gambling

Problem gambling includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide.

*Cambridge Health Alliance

PROBLEM GAMBLING IS A PREVENTABLE AND TREATABLE DISORDER. IF GAMBLING IS CAUSING A PROBLEM FOR YOU OR SOMEONE YOU KNOW, HELP IS AVAILABLE.

Don't Be Afraid to Ask for Help!

If you think you may have a gambling problem, call or text the National Problem Gambling Helpline.

The National Problem Gambling Helpline is confidential and available 24 hours a day.
1-800-522-4700 | NCPGAMBLING.ORG

You can also contact Gamblers Anonymous for help and support.

GAMBLERSANONYMOUS.ORG

TIPS TO PLAY RESPONSIBLY:

- ✓ Play for fun – when the fun stops, so should you
- ✓ Gambling isn't a way to make money
- ✓ Don't gamble when you are depressed or upset
- ✓ Balance gambling with other activities
- ✓ Set a limit and stick to it
- ✓ Don't borrow money to play
- ✓ Don't play to win back losses
- ✓ Treat money spent on the lottery as an entertainment cost

Always play responsibly. Must be 18 or older to play.