



FOR IMMEDIATE RELEASE

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March is Problem Gambling Awareness Month

Spring House, PA (February 28, 2023) - The Council on Compulsive Gambling of Pennsylvania, Inc. (CCGP) announces with proclamation from Governor Josh Shapiro, that March 2023 is Problem Gambling Awareness Month (PGAM). This year marks the 20th anniversary of Problem Gambling Awareness Month, developed by the National Council on Problem Gambling.

Problem gambling is defined as gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. Approximately two million U.S. adults (1% of the population) are estimated to meet criteria for severe problem gambling. Another four to six million (2-3%) meet the criteria for mild or moderate problem gambling. This equates to hundreds of thousands of individuals in need of help in Pennsylvania.

During March, CCGP will hold two annual conferences, in the Philadelphia and Pittsburgh areas, to provide an opportunity for clinicians, prevention and advocacy professionals and gaming industry partners to come together and continue to have the conversation. In addition, Tuesday, March 14th is recognized as Gambling Disorder Screening Day, an international movement designed to support treatment providers in the identification of gambling disorder. Screening Day addresses the imperative to detect gambling related problems as early as possible, and providers around the world are encouraged to participate in this annual event.

Problem Gambling Awareness Month coincides with March Madness, during which Americans are expected to wager over \$3 billion. For the majority of adults, gambling can be a fun and entertaining experience, but there are risks involved. Sports bettors are at particularly high-risk for developing a gambling problem.

"Across Pennsylvania during Problem Gambling Awareness Month, and throughout the year, CCGP is committed to raising public awareness about what problem gambling is, and most importantly, the resources that are available for help," said Josh Ercole, CCGP Executive Director.

If you or someone you know has a gambling problem, call 1-800-GAMBLER or visit www.pacouncil.com to use the chat/text help feature. Free and confidential help is available 24 hours a day, 7 days a week. For more information about problem gambling and how to increase awareness of problem gambling, go to www.pacouncil.com.

Gambling problems can impact anyone. With help, recovery is possible.

About the Council on Compulsive Gambling of Pennsylvania, Inc.

The Council on Compulsive Gambling of Pennsylvania is a nonprofit organization whose focus is to raise awareness and disseminate information through educational workshops on disordered gambling, and to facilitate referrals for assistance through the use of helpline services. For more information about the Council and its services, [visit www.pacouncil.com](http://www.pacouncil.com).