

PROBLEM GAMBLING – WHAT CAN YOU DO?

The vast majority of lottery players and people who do other forms of gambling have a good handle on how much they play and how much they spend.

A small portion of the population struggles with gambling addiction and needs assistance in controlling themselves regarding frequency of play and how much they spend. It is normal for the person who needs assistance to be the last one to recognize it, and then to actually reach out for help.

Your efforts are best extended by making sure a person who you believe needs assistance, knows the phone number to call or the website to visit where they can seek services. Every lottery ticket has this information on it – on the back.

You should expect them to resist your best intentions. It is up to you to decide how much effort you put forward. It is up to them to do something about it. You may be the one who they listen to, or you may be another one they ignore, but it is a positive more on your part.

A variety of services and contact information is available on the website Problemgambling.vermont.gov. Review the information under Services and Resources to provide additional information.