



# Problem Gambling Resources



## Self-Exclusion Options

- **Responsible Gaming Database:** Michigan Gaming Control Board's Responsible Gaming Database prohibits establishing any online gaming or sports betting accounts or participating in online gaming and/or sports betting with all providers authorized in Michigan for one year or five years. Problem gamblers may sign up voluntarily for the list using a form on the MGCB website [www.michigan.gov/mgcb](http://www.michigan.gov/mgcb)
- **Disassociated Person's List:** For more than two decades, the MGCB has maintained a self-exclusion option called the Disassociated Persons List for Detroit casino patrons. Problem gamblers may sign up voluntarily for the list by contacting the MGCB Responsible Gaming Section at 888-223-3044.

## Other Resources

- Patrons can find sign-up options to exclude oneself from specific internet gaming and/or sports betting sites by visiting the responsible gaming section of the provider's website
- **Michigan Department of Health and Human Services (MDHHS)** Gambling Disorder Helpline, 800-270-7117. MDHHS offers resources for problem gamblers including the 24-hour helpline for crisis intervention and treatment referral and other options including screening services and referrals to treatment or support groups. More information on problem gambling resources is available on the MDHHS website [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)
- **Gam-Anon** for family members and friends of the compulsive gambler, contact hotline number 718-352-1671 or [www.gam-anon.org](http://www.gam-anon.org)
- **Gamblers Anonymous** is a fellowship of men and women who share experiences, strength and hope with each other, contact Michigan Hotline Number: 855-2CALLGA (855-222-5542) or [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

## We're here to help you.

For more tips to game responsibly, ways to recognize signs of problem gaming, and resources for help go to [www.michigan.gov/mgcb](http://www.michigan.gov/mgcb)

