

GAMBLING PROBLEMS  
OFTEN GO UNDETECTED

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RECOVERY FROM  
GAMBLING PROBLEMS  
IS POSSIBLE

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For more information, visit:  
[GamblingHelplineMA.org](http://GamblingHelplineMA.org) | [M-TAC.org](http://M-TAC.org)

Funded by:



MA Department of Public  
Health, Office of Problem  
Gambling Services

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**m•tac**

MA Technical Assistance Center  
for Problem Gambling Treatment



**CHA** Division on  
Addiction  
Cambridge Health Alliance



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

Gambling Disorder Screening  
Is for Everyone

English | PG6194

**DID YOU KNOW?**

PEOPLE CAN BE  
ADDICTED TO GAMBLING

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ABOUT 3 OUT OF 100  
PEOPLE HAVE A  
GAMBLING PROBLEM

## Brief Biosocial Gambling Screen

A "yes" answer to any of the questions means the person is at risk for developing a gambling problem.

**1** During the past 12 months, have you become restless, irritable, or anxious when trying to stop/cut down on gambling?

YES  NO

**2** During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?

YES  NO

**3** During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

YES  NO

The Massachusetts Problem Gambling Helpline is here to help.

If you or a loved one is seeking help with problem gambling, you can:

- Call **800-327-5050**
- Text "GAMB" to **800327**
- or visit **GamblingHelplineMA.org**

*Specialists are available 24/7 and services are free, confidential, and available in multiple languages.*

