



The March Madness of Problem Gambling

For Immediate

Release

March 13, 2017

(Green Bay, Wis.) -- The bracket is now set with 68 teams ready for the road to the Final Four. March Madness has arrived and the action on the basketball court will lead to a lot of wagering; some of it legal, most of it not.

The Wisconsin Council on Problem Gambling is urging caution as the college basketball tournament tips off. “We know that most people can bet responsibly or put just a few dollars into an office pool,” said WCPG Executive Rose (Gruber) Blozinski. “We also know that there are people in our state who are addicted to gambling and the road can be very difficult for them with more than 60 games in just three weeks of the men’s college basketball tournament.”

Blozinski says it’s important to understand the signs of a gambling problem, including:

- Do you constantly think about gambling?
- Have you lost time from work or school due to gambling?
- Has gambling ever made your home life unhappy?
- Has gambling affected your reputation?
- Do you feel remorse after gambling?
- Do you feel the urge to gamble more to make up losses?
- Do you gamble until your last dollar is gone?
- Have you ever borrowed money or done anything illegal to finance your gambling?

Answering “yes” to several of these questions could be an indication of a gambling problem.

Blozinski stresses that help is available for problem or compulsive gamblers or anyone who feels they may be heading toward a problem. “We certainly encourage anyone concerned about their level of gambling to call the WCPG Helpline at 1-800-GAMBLE-5,” Blozinski said. “We put people in touch with resources in their community to help them deal with the problem.” In addition to the toll-free Helpline, help is also available through Live Chat on the WCPG website (www.wi-problemgamblers.org) and via text at (920) 888-HELP.

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*The **Wisconsin Council on Problem Gambling** is funded by a public awareness grant from the State of Wisconsin and additional funding from donors, including Wisconsin Native American Tribes. The Council operates a 24-hour Helpline at 1-800-GAMBLE-5, distributes informational brochures, organizes an annual statewide conference, makes presentations on problem gambling and conducts training sessions for treatment providers interested in the special requirements for working with compulsive gamblers and their families.*

For more information, visit the [Wisconsin Council on Problem Gambling](http://www.wisconsin-council.org) website, visit us on Facebook at www.facebook.com/WisconsinCouncilonProblemGambling or follow us on Twitter at <https://twitter.com/wcpgambling>

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If you or someone you know has a gambling problem, call the Wisconsin Council on Problem Gambling Helpline at 1-800-GAMBLE-5, Live Chat through the WCPG website at www.wi-problemgamblers.org or text (920) 799-4080.