**FOR IMMEDIATE RELEASE**    
Date of Release

**Contact:**

Local Point of Contact

Local POC Phone Number

Local POC Email Address

**March is Problem Gambling**

**Awareness Month**

**CITY OF RELEASE** - (Organization name), in partnership with the National Council on Problem Gambling (NCPG), is proud to recognize March as Problem Gambling Awareness Month (PGAM). This year’s theme, “Seeking Understanding,” focuses on increasing awareness of problem gambling as a serious but often misunderstood mental health condition. The campaign seeks to foster greater awareness and empathy, break down barriers to treatment, and provide support for individuals and families impacted by gambling-related harm.

Problem gambling, defined as gambling behaviors that disrupt or damage personal, family, or professional lives, affects millions of Americans. Nationally, approximately 2.5 million U.S. adults meet the criteria for a severe gambling problem, with an additional 5-8 million individuals experiencing mild to moderate gambling problems. (List any state-specific statistics here.)

The annual observance of Problem Gambling Awareness Month provides an essential platform for organizations across the country to highlight the availability of resources that support problem gambling prevention, education, treatment, and recovery.

Throughout March, (Organization Name) will host various activities to educate the community and spark meaningful conversations around problem gambling. Planned events include:

* (Insert PGAM Activity #1 – e.g., Community Education Workshops or Informational Panels)
* (Insert PGAM Activity #2 – e.g., Problem Gambling Screening Day or Resource Fairs)
* (Insert PGAM Activity #3 – e.g., Social Media Awareness Campaigns or Special Webinars)

(Local quote about the impact of problem gambling within your community, expectations for your campaign activities, etc)

(Organization name) encourages local media and community organizations to join this important conversation by sharing information and highlighting available resources.

For more information about problem gambling and how to increase awareness of problem gambling, visit <http://www.ncpgambling.org/FAQs> (or add local site information here).

If you or someone you know has a gambling problem, call or text the National Problem Gambling Helpline at 1-800-GAMBLER or visit www.1800gamblerchat.org. Help is available 24/7/365 – it is free and confidential.

**About (Organization Name)**

(Add organizational boilerplate)

**About the National Council on Problem Gambling**

The National Council on Problem Gambling (NCPG) is the only national nonprofit organization in the US that seeks to mitigate gambling-related harm. NCPG is neutral on legalized gambling. If you or someone you know may have a gambling problem, contact the National Problem Gambling Helpline, which offers hope and help without stigma or shame. US and Canadian users can call 1-800-GAMBLER, text 800GAM, or visit [www.1800gamblerchat.org](file:///C:\Users\CaitHuble\Downloads\www.1800gamblerchat.org). Help is available 24/7 – it is free and confidential.