If you think you have a gambling problem, there are confidential resources that will help you determine if you have a problem and, if so, where you can find help.

• Your First Step to Change is a confidential, interactive website that will help you decide if you have a problem and how to change your behavior. Visit www.basisonline.org and click on “Self-help Tools.”

• The Brief Biosocial Gambling Screen asks three questions that will help you figure out if you need to seek treatment. Visit www.divisiononaddictions.org/bbgs_new/.

• If your company has an Employee Assistance Program (EAP), make an appointment to see an EAP professional. Most EAP professionals have specialized training to address addictive disorders.

• If you need to find a treatment provider on your own, contact your health insurance carrier, your state department of public or mental health (some states have certification programs for gambling specialists), the national gambling help-line number (1-800-522-4700) or the American Academy of Healthcare Providers in the Addictive Disorders (www.americanacademy.org).

For more information and resources to better understand gambling disorders and responsible gaming, visit the National Center for Responsible Gaming’s (NCRG) website at www.ncrg.org. The NCRG is a nonprofit organization devoted to funding scientific research on gambling disorders and translating research findings into practical applications for the public.