

## ask yourself these questions

Gamblers Anonymous offers the following questions to help someone identify if they may have a gambling problem.

1. *Did you ever lose time from work or school due to gambling?*
2. *Has gambling ever made your home life unhappy?*
3. *Did gambling affect your reputation?*
4. *Have you ever felt remorse after gambling?*
5. *Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?*
6. *Did gambling cause a decrease in your ambition or efficiency?*
7. *After losing, did you feel you must return as soon as possible and win back your losses?*
8. *After a win, did you have a strong urge to return and win more?*
9. *Did you often gamble until your last dollar was gone?*
10. *Did you ever borrow to finance your gambling?*
11. *Have you ever sold anything to finance gambling?*
12. *Were you reluctant to use "gambling money" for normal expenditures?*
13. *Did gambling make you careless of the welfare of yourself or your family?*
14. *Did you ever gamble longer than you had planned?*
15. *Have you ever gambled to escape worry, trouble, boredom or loneliness?*
16. *Have you ever committed, or considered committing, an illegal act to finance gambling?*
17. *Did gambling cause you to have difficulty sleeping?*
18. *Do arguments, disappointments or frustrations create within you an urge to gamble?*
19. *Did you ever have an urge to celebrate any good fortune by a few hours of gambling?*
20. *Have you ever considered self-destruction or suicide as a result of your gambling?*

If you answered yes to 7 or more of these questions, you may have a gambling problem.



More information may be obtained by calling the Maryland problem gambling helpline at

**1-800-GAMBLER**

or visiting

**[mdgamblinghelp.org](http://mdgamblinghelp.org)**

## the maryland voluntary exclusion program for casino and lottery gambling



could the problem be gambling?

**1-800-GAMBLER**  
or visit [mdgamblinghelp.org](http://mdgamblinghelp.org)

## the maryland voluntary exclusion program

Gambling is fun and can be an enjoyable form of entertainment.

**However, if you find yourself gambling too much, or if it no longer feels like a game, then it could be a problem.**

**The Voluntary Exclusion Program** is designed to **help you take control** of your life. Gambling can cause disastrous effects throughout your life: crushing debt, family problems, legal problems, and lost jobs and assets.

### **What is voluntary (self) exclusion?**

Voluntary (self) exclusion is a process that allows a person to request to be excluded from gaming activities and to be prohibited from collecting any winnings, recovering any losses, or accepting complimentary gifts or services or any other thing of value.

**An individual may sign up for casino voluntary exclusion and/or lottery voluntary exclusion.**

#### **Problem gambling warning signs:**

- Spending more time or money on gambling than is affordable or planned;
- Borrowing money to gamble (using credit cards is borrowing money);
- Gambling with money meant for essentials like food, rent, etc.;
- Neglecting important responsibilities like work, school, or family to gamble;
- Lying about or covering up the extent of gambling;
- Chasing losses to try to get your money back;
- Increasing arguments with friends and family, especially about money issues; and
- Increasing debts due to gambling.

## things to know about voluntary exclusion

- Casino voluntary exclusion prohibits an individual from entering any Maryland casino, and the individual is removed from all casino mailing lists.
- Lottery voluntary exclusion participants agree not to purchase or play the Maryland Lottery, and all prizes redeemed will be designated to the Maryland Problem Gaming Fund.
- Information about participants in the Program is strictly confidential.

### **Can I exclude my spouse or family member?**

It's understandable to want to help a loved one who is in trouble. However, **only the individual seeking exclusion can sign up**. No one can do it for them.

### **How long will I be voluntarily excluded?**

The length of the voluntary exclusion is up to you. Maryland offers the following exclusion options: **two years or lifetime**.

### **Can my name be removed from the Voluntary Exclusion Program list?**

Voluntary (self) exclusions for two years **remain in effect until the voluntarily excluded individual requests and is granted removal from the MLGCA's Voluntary Exclusion Program**.

### **What happens if I violate the Program rules?**

If you try to enter a casino before your exclusionary period is up, you are subject to arrest for trespassing. If you try to claim a jackpot (casino or lottery) while in the Voluntary Exclusion Program, it will be given to the Maryland Problem Gambling Fund, per your contractual agreement.



## how do i sign up?

Individuals interested in participating in the Maryland Voluntary Exclusion Program may fill out an application at Maryland Lottery and Gaming Control Headquarters in Baltimore or at any casino in Maryland.

Please call the responsible gambling program coordinator for additional information, **1-800-GAMBLER**. If you want help, it's available.

**The request for voluntary (self) exclusion requires the following identifying information:**

- Name, including any aliases or nicknames
- Date of birth
- Address of current residence
- Telephone number
- Social Security number
- Physical description, including height, weight, gender, hair color, eye color and any other physical characteristic that may assist in identification
- Government-issued photo identification such as driver's license or passport

### **What will happen after I sign up for self-exclusion?**

**Lottery.** If an individual signs up for the program, his or her name will appear on a list of excluded individuals, which will be monitored and enforced by the Maryland Lottery and Gaming Control Agency for prize claiming.

**Casino.** Licensed facilities must refuse wagers from and deny gaming privileges to any voluntarily excluded individual; deny check cashing privileges, player club memberships, complimentary goods and services, junket participation, and other similar privileges and benefits to any voluntarily excluded individual; ensure that voluntarily excluded individuals do not receive junket solicitations, targeted mailings, telemarketing promotions, player club materials or other promotional materials relating to gaming activities at its licensed facility; and may exclude voluntarily excluded individuals from their properties in other jurisdictions. The individual will be subject to arrest for criminal trespass. An individual who has gambled while on the Voluntary Exclusion Program may not collect any winnings.