

**NEWS from the North Dakota Department of Human Services  
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## **Thousands of North Dakotans may struggle with problem gambling; help is available**

*March is Problem Gambling Awareness Month*

BISMARCK, N.D. – Research shows that two to three percent of the population suffers from a gambling disorder. At that rate, the North Dakota Department of Human Services estimates that between 14,000 and 21,000 North Dakotans may be struggling with problem gambling.

For those who need help, treatment for gambling problems is available statewide through the Gamblers Choice program provided by Lutheran Social Services of North Dakota with funding support from the department.

Lisa Vig, Gamblers Choice program director, said that individuals with a problem gambling disorder often do not seek treatment until life becomes unmanageable. People may seek help after they run out of money, their spouses discover credit card bills, depression and despair start overtaking them, family member confront them, or they fear jail or prison.

“It doesn’t really matter how people come to know they need help; everyone has a unique story or circumstance. There is hope and help. Treatment works,” Vig said.

During Problem Gambling Awareness Month, the department and the North Dakota Problem Gambling Advisory Council encourage anyone with questions or concerns about gambling to visit [www.GamblerND.com](http://www.GamblerND.com).

The website includes personal success stories, screenings to find out if a person is at risk for problem gambling, and connections to nationally certified counselors.

The Gamblers Choice treatment program has offices in Bismarck, Fargo, Grand Forks, Minot, and Williston. For more information or to get help, visit [www.GamblerND.com](http://www.GamblerND.com) or call 1-877-702-7848.

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