



Mega-Millions Jackpot Media Frenzy Offers Opportunity for Responsible Gambling Messaging

FOR IMMEDIATE RELEASE

WASHINGTON, DC (October 19, 2018) – As the Mega Millions jackpot has reached record levels, the National Council on Problem Gambling urges consumers to protect themselves against excessive gambling and calls upon lotteries and the media to promote responsible gambling messages.

Keith Whyte, Executive Director of the National Council on Problem Gambling, states, “The media and consumer interest in high lottery jackpots creates an opportunity to provide responsible gambling messages designed to help people who choose to gamble make informed decisions about their play.” Responsible gambling efforts should be made by lottery operators and players alike.

Here are four simple responsible gambling tips to know and share:

- Set a limit of time and money spent gambling.
- Don’t gamble to escape feelings of anxiety, stress or depression.
- Know where to get help for a gambling problem.
- Minors are prohibited from most forms of gambling.

Whyte notes “Lotteries play an important role in reminding retailers and players about the minimum age to play and in educating their players about simple steps to promote responsible gambling.”

State lotteries and media are asked to incorporate responsible gambling messaging and the National Problem Gambling Helpline (1-800-522-4700) into their upcoming promotion and coverage of the Mega Millions jackpot.

The National Problem Gambling Helpline (1-800-522-4700 or www.ncpgambling.org/chat) is the single national point of access for problem gambling help. Help is available 24 hours a day, seven days a week, in all 50 states. All calls are confidential and offer local information and referral options for problem gamblers and their families. In 2017 the Helpline received 233,000 calls, an average of one call every two minutes.

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About the National Council on Problem Gambling

NCPG is the national advocate for problem gamblers and their families. NCPG is neutral on legalized gambling and works with all stakeholders to promote responsible gambling. If you or someone you

know has a gambling problem, call or text the National Problem Gambling Helpline at 1-800-522-4700 or visit www.ncpgambling.org/chat for confidential help.

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