



## **High Jackpots for Mega Millions And Powerball Offer Opportunity for Responsible Gambling Messaging**

**FOR IMMEDIATE RELEASE**

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**Washington, DC** – As the Mega Millions and Powerball lottery jackpots each cross the \$400 million threshold, the National Council on Problem Gambling (NCPG) urges consumers to protect themselves against excessive gambling, and calls upon lotteries and the media to promote responsible gambling messages.

“There is a lot of consumer and media interest when jackpots for the Mega Millions or Powerball reach eye-popping numbers,” said Keith Whyte, Executive Director of NCPG. “The National Council on Problem Gambling believes these high jackpot occasions present an opportunity to publicize clear responsible gambling messages that help people who choose to gamble make informed decisions about how they play.”

Consumers should follow these five simple responsible gambling tips:

- 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 gambling problems.
- Minors are prohibited from most forms of gambling.
- Don’t gamble with money that is needed to pay bills.

“Lotteries should always include responsible gambling messages, such as the minimum age to play or where those who might engage in problem gambling can seek help,” said Whyte. “We think it is very important for the media to amplify those messages, especially when large jackpots create significant consumer interest.”

If you or someone you know needs assistance you can contact the National Problem Gambling Helpline (**call or text 1-800-522-4700 or use the [ncpgambling.org/chat](https://ncpgambling.org) feature**) for confidential help.

### **About the National Council on Problem Gambling**

Based in Washington DC, the National Council on Problem Gambling is the only national nonprofit organization that seeks to minimize the economic and social costs associated with gambling addiction by working with all stakeholders. NCPG is neutral on legalized gambling. If gambling becomes a problem,

NCPG urges people who gamble, as well as their loved ones, to contact the National Problem Gambling Helpline, which offers hope and help without judgment or shame. If you or someone you know has a gambling problem, call or text 1-800-522-4700 or visit [www.ncpgambling.org/chat](http://www.ncpgambling.org/chat). Help is available 24/7 - it is free and confidential.

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