**Social media copy for Problem Gambling Awareness Month**

**Helpline**

March is Problem Gambling Awareness Month. Many people experience problem gambling, which can leave you feeling distressed or cause problems with relationships, work, or money. Luckily, problem gambling can be treated, and people can recover. Learn more at GamblingHelplineMA.org.

It’s Problem Gambling Awareness Month. What is gambling? When does it cross the line from pastime to problem? Learn to recognize the signs of problem gambling and get help for yourself or a loved one today by calling 1-800-337-5050 or visiting GamblingHelplineMA.org. #PGAM2024

**Older Adults**

This Problem Gambling Awareness Month, find alternatives to gambling. Many social events can involve gambling, especially for older adults. That’s why it’s important to be aware of the risks of gambling, especially as we age. Visit mass.gov/TimeForMore to learn more. #PGAM2024

It’s a great time to try something new. March is Problem Gambling Awareness Month, and older adults are especially at risk when it comes to problem gambling. Learn more and discover the many alternatives to gambling at mass.gov/TimeForMore. #PGAM2024

**Men of Color**

For some, gambling can be a serious problem. And while this can happen to anyone, research shows that people with a history of substance misuse are at higher risk. March is Problem Gambling Awareness Month, so take this time to learn more at mass.gov/ProblemGambling. #PGAM2024

If you’re in recovery from substance or alcohol misuse, gambling could put your recovery in jeopardy. This Problem Gambling Awareness Month, know that you’re not alone. Visit mass.gov/ProblemGambling to learn the signs of problem gambling and find resources that can help.

**Youth and Parents**



Find ways to start the conversation about gambling

As parents, we can’t control every risk our child takes. But we can guide them away from more problematic risk-taking behavior— like alcohol, substance use, vaping,and gambling. While drugs and alcohol are a common concern for parents of adolescents, gambling often gets overlooked. When it comes to youth and gambling, it’s important to know the facts. Learn more at mass.gov/YouthGambling.



Find conversation starters and activities about gambling

While alcohol, drugs, and vaping are concerns for most parents, problem gambling is a risk that’s less recognized but impacts youth more than you may think. Learn more at mass.gov/YouthGambling.