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Michigan Gaming Control Board Promotes Responsible Gaming During March Madness and Problem Gambling Awareness Month

DETROIT, March 5, 2025 — As the excitement of March Madness and Problem Gambling Awareness Month kick off, the Michigan Gaming Control Board (MGCB) is reaffirming its commitment to responsible gaming practices across the state. With millions of basketball fans engaged in sports betting during this time, the MGCB is reminding citizens to bet responsibly and stay informed about the potential risks associated with gambling.

"We encourage Michigan residents to enjoy March Madness, but it's vital that they do so in a way that keeps their well-being a priority," said **Henry Williams, Executive Director of the MGCB**. "Whether you're placing a bet on the game or participating in other forms of gaming, setting limits and being aware of the risks is crucial to ensuring a healthy experience."

In addition to its ongoing efforts, the MGCB continues to raise awareness through its [Double Down Michigan podcast](#), launched in 2023. Past episodes have focused on responsible gaming, providing listeners with valuable information and expert advice. One notable example is Episode 15, featuring Dan Trolaro, Co-Managing Director of Education and Training Services at IC360. In that episode, Trolaro shared his expertise on gambling addiction and prevention, and discussed the critical importance of recognizing the signs of problem gambling and seeking help when needed. The podcast serves as another accessible resource for Michigan residents to stay informed about responsible gaming practices.

According to the [National Council on Problem Gambling \(NCPG\)](#), an estimated 2-3% of the U.S. adult population (about 5-8 million people) are affected by problem gambling, with 1% (approximately 2.5 million adults) experiencing severe gambling issues. The NCPG's [National Problem Gambling Helpline](#) (1-800-GAMBLER) offers confidential support 24/7 for individuals seeking resources and assistance.

To further assist Michigan citizens, the MGCB promotes [self-exclusion programs](#), allowing individuals to voluntarily restrict themselves from gambling on authorized platforms or at state casinos. Resources are also available for those seeking help with potential gambling problems through [Michigan's helpline](#) at 1-800-270-7117.

As part of its ongoing efforts, the MGCB reminds sports bettors to set limits, bet within their means, and only use [authorized platforms](#). The [MGCB website](#) and [DontRegretTheBet.org](#) provide helpful resources and tips for maintaining responsible gaming habits.

For more information on responsible gaming, please visit Michigan.gov/MGCB or call 888-223-3044 to speak with a Responsible Gaming Representative.



Gambling in any form is for entertainment purposes only. If you or someone you know may have a gambling problem, contact the National Problem Gambling Helpline at 1-800-GAMBLER, text 800GAM, or visit www.1800gamblerchat.org. Help is available 24/7 and is free and confidential. Michigan citizens can also visit the [Responsible Gaming page of the MGCB website](#) for information on self-exclusion programs including the Disassociated Persons List and the Internet Gaming and Sports Betting Responsible Gaming Database, and DontRegretTheBet.org for additional tools to game responsibly.

The Michigan Gaming Control Board shall ensure the conduct of fair and honest gaming to protect the interests of the citizens of the state of Michigan. Learn more at Michigan.gov/MGCB.