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Michigan Gaming Control Board launches expanded website with new resources to support responsible gaming



DETROIT, March 17, 2026 — The Michigan Gaming Control Board (MGCB), creator of the statewide responsible gaming campaign *Don't Regret the Bet*, announced the launch of its newly expanded website during Problem Gambling Awareness Month. The updated site features additional tools, educational content, and support resources to help individuals make informed decisions about gambling.

The updated website builds upon the campaign's existing platform with new pages dedicated to recognizing the signs of problem gambling, understanding risk factors, accessing confidential help services, and supporting loved ones who may be struggling. The enhanced site also includes streamlined navigation and improved mobile accessibility to ensure visitors can quickly find the information they need.

Owned and operated by MGCB, *Don't Regret the Bet* was created to raise awareness about responsible gaming and provide clear, stigma-free access to support. In Michigan alone, thousands of residents seek help each year by calling the state's problem gambling helpline, and increased online gambling access has contributed to the growing demand for support services and responsible gaming resources. The website refresh reflects the Board's continued commitment to public education and player protection as gaming options expand across the state.

“Responsible gaming starts with awareness and access to reliable information,” said **Henry Williams, Executive Director of the Michigan Gaming Control Board**. “By expanding our website, we are making it easier for Michiganders to understand the risks associated with gambling and to connect with help if they need it.”

New features of the expanded website include:

- Expanded educational content about responsible gaming practices
- Clear guidance on identifying warning signs of problem gambling
- Dedicated resources for friends and family members
- A new Youth Gambling Prevention section featuring research-based information for parents, educators, and community leaders
- Data highlighting that children introduced to “harmless betting” by age 12 are four times more likely to engage in problem gambling later in life
- Prevention tools and conversation guides to help adults address early exposure
- Direct links to confidential support services, including the Michigan Problem Gambling Helpline
- Updated FAQs and prevention resources

The new youth-focused section underscores the importance of early awareness. Research shows that early exposure to casual or “harmless” betting behaviors significantly increases the risk of developing gambling-related problems later in life. For example, according to the Economic & Social Research Institute, studies have found that individuals who gambled before age 18 were nearly twice as likely to experience problem gambling as adults. By providing parents and guardians with practical tools and clear information, the campaign aims to reduce stigma and encourage early intervention.

The website remains free to access and available to anyone seeking information about gambling risks and responsible play.

For more information or to explore the updated resources, visit DontRegretTheBet.org.

About Don’t Regret the Bet

Don’t Regret the Bet is Michigan’s award-winning responsible gaming campaign, designed to promote informed decision-making and connect individuals to support services related to gambling. The campaign provides educational resources, prevention tools, and confidential help options for Michigan residents.

About the Michigan Gaming Control Board

MGCB regulates gaming activities in Michigan to ensure integrity, fairness, and the protection of the public. In addition to oversight and enforcement responsibilities, the Board promotes responsible gaming initiatives statewide.

Gambling in any form is for entertainment purposes only. If you or someone you know may have a gambling problem, call 1-800-GAMBLER, chat online, or visit 800gambler.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.