

## Brief Gambling Screen

Answer “Yes” or No” to these 3 questions. During the past 12 months:

- Have you become restless, irritable, or anxious when trying to stop/cut down on gambling?
- Have you tried to keep your family or friends from knowing how much you gambled?
- Did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

If you answered “Yes” to any of these questions, further assessment is recommended.

**For problem gambling resources:  
Dial 211 or Text your zip code to 898-211**

211 is Maine’s Problem Gambling Helpline. Specialists are available 24/7 with info, resources, and a list of counselors with problem gambling training. You may be eligible for no-cost treatment through Maine’s Gambling Addiction Treatment Fund.

(The Brief Bio-social Gambling Screen (BBGS) is a fast, evidence-based, 3-question gambling screening tool.)

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