

Problem Gambling Severity Index

This self-assessment is based on the Canadian Problem Gambling Index. It will give you a good idea of whether you need to take corrective action.

Thinking about the last 12 months...

Have you bet more than you could really afford to lose?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

When you gambled, did you go back another day to try to win back the money you lost?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Have you borrowed money or sold anything to get money to gamble?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Have you felt that you might have a problem with gambling?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Has gambling caused you any health problems, including stress or anxiety?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Has your gambling caused any financial problems for you or your household?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Have you felt guilty about the way you gamble or what happens when you gamble?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

TOTAL SCORE

Total your score. The higher your score, the greater the risk that your gambling is a problem.

Score of 0 = Non-problem gambling.

Score of 1 or 2 = Low level of problems with few or no identified negative consequences.

Score of 3 to 7 = Moderate level of problems leading to some negative consequences.

Score of 8 or more = Problem gambling with negative consequences and a possible loss of control.

I'm a mental health or addictions professional, what do I need to know about Gambling Disorder?

<p>What is Gambling Disorder?</p>	<p>Gambling Disorder (sometimes called gambling addiction or problem gambling) is a behavioral addiction with diagnostic criteria in the DSM-V. It is characterized by uncontrollable urges to gamble despite the harms it is causing for the individual and their loved ones.</p>
<p>Why should I screen for gambling problems?</p>	<p>Problem gambling is called the “hidden addiction” because it is often kept secret from family, friends, and even health practitioners. Gambling Disorder is often a co-occurring disorder and secondary condition. Gambling can carry a lot of stigma and shame, making it difficult to disclose. Youth gambling rates in Washington State are increasing, with underage gambling rates reported at 12.7% in 2025¹. Early detection and intervention can prevent future or continued harms.</p>
<p>How do I screen?</p>	<p>We recommend using the Brief Biosocial Gambling Screen² (three questions). The Brief Adolescent Gambling Screen³ is available for youth and young adults. Use these as you would other screeners.</p>
<p>Can I address problem gambling with my clients?</p>	<p>Yes! Although there are Certified Gambling Counselors in Washington State who specialize in treating Gambling Disorder, as a mental health/addictions professional you can discuss gambling harms with your clients. Refer to a specialist using this directory⁴.</p>
<p>Where can I learn more about Gambling Disorder?</p>	<p>The Evergreen Council hosts many virtual and in-person training events⁵. Acorn Courses⁶ also offers many free online trainings with CE hours.</p>

<p>What financial resources are available for my client?</p>	<p>There are a few options (if your client is a Washington resident). Private insurances and Apple Health/Medicaid cover outpatient gambling treatment. If your client is uninsured/underinsured, they may qualify for state-funded treatment through the Health Care Authority. Affected family members are also eligible. The Evergreen Council on Problem Gambling can also provide funding for residential treatment (currently all residential facilities are located out-of-state). Certain tribal behavioral health clinics offer low or no cost treatment.</p>
<p>What other resources can I offer my client?</p>	<p>1-800-547-6133 is available 24/7 as Washington’s Problem Gambling Helpline. A trained professional can offer support and resources by text, chat, or call.</p> <p>There are 12-step programs available for those who gamble (Gamblers Anonymous®⁷) and their affected others (GamAnon®⁸). These meet virtually and in person.</p> <p>Peer Washington⁹ and the Recovery Café Network¹⁰ offer local peer-led recovery services.</p>
<p>What is the Evergreen Council on Problem Gambling?¹¹</p>	<p>We are a 501(c)(3) nonprofit organization committed to providing services and programs for those affected by problem gambling and gaming through gambling addiction treatment support, information and education, advocacy, research, and prevention efforts. We do not offer direct counseling services, but do provide a counselor directory and the state’s problem gambling helpline.</p>

Resources

1. Washington State Department of Health. Healthy Youth Survey [2025]. Retrieved from <https://www.askhys.net/>
2. <https://nyproblemgamblinghelp.org/wp-content/uploads/2023/06/Brief-Biosocial-Gambling-Screen-BBGS.pdf>
3. https://oasas.ny.gov/system/files/documents/2026/04/bags_screen.pdf
4. <https://www.evergreencpg.org/service-locations/>
5. <https://www.evergreencpg.org/training/>
6. <https://www.acomcourses.org/>
7. <https://gamblersanonymous.org/>
8. <https://gam-anon.org/>
9. <https://www.peerwa.org/>
10. <https://recoverycafenetwork.org/>
11. <https://evergreencpg.org>

Help services for Gambling-Related Harms

In and around the _____ area

Helplines: Provide 24/7 access to free phone consultation and directory of help services and crisis services nearest you.

Washington State Problem Gambling
Helpline: **1-800-547-6133**
Provided by the **Evergreen Council on Problem Gambling**: www.evergreencpg.org



Suicide and Crisis Lifeline : **988**



National Domestic Violence Hotline:
1-800-799-SAFE (7233)



Voluntary Self-Exclusion: Provides a means to help support individuals who wish to keep themselves from entering gaming establishments.

Individuals can visit their regular gambling sites (casinos, card rooms, or online gambling sites) and request to voluntarily exclude themselves from being able to gamble there. Term lengths and requirements vary by state, tribe, and location. Violations of a voluntary self-exclusion may result in being kicked out, confiscation of chips, non-payout of winnings, fined for trespassing, or jail.

For online self-exclusion visit individual operator webpages, or install a gambling site blocking software, such as GamBan (<https://gamban.com/>) or BetBlocker (<https://betblocker.org/>).

Certified Gambling Counselors: Provide Gambling Disorder Assessment and Counseling Services (Many have funding for free or low-cost services, call for insurance and funding information. Counseling services are for both those struggling with gambling, or those impacted by the gambling of another.):

Washington Directory of Certified Gambling Counselors:

<https://www.evergreencpg.org/service-locations/> or call **1-800-547-6133**

Local Certified Gambling Counselors to the _____ area:

Name: _____ Credentials: _____

Organization: _____

Address: _____

Phone: _____ Email: _____ Website: _____

Name: _____ Credentials: _____

Organization: _____

Address: _____

Phone: _____ Email: _____ Website: _____

Gamblers Anonymous meetings: for individuals who wish to stop gambling.

Gamblers Anonymous website: <http://www.gamblersanonymous.org/ga/>

Virtual GA meetings: <https://gamblersanonymous.org/virtual-meetings/>

Local GA meetings for the _____ area:

City: _____ Day/Time: _____

Location: _____

City: _____ Day/Time: _____

Location: _____

Gam-Anon meetings: for those who have been impacted by the gambling of a loved one.

Gam-Anon website: <https://www.gam-anon.org/>

Virtual Gam-Anon meetings: <https://www.gam-anon.org/meeting-directory/virtual-meetings>

Local Gam-Anon meetings for the _____ area:

City: _____ Day/Time: _____

Location: _____

City: _____ Day/Time: _____

Location: _____

Other self-help, community, and online resources:

Brain Connections.ca: Video and downloadable handouts on how gambling affects the brain: <https://brainconnections.ca/>

Cambridge Health Alliance, Division on Addiction, “Your First Step to Change” self-help workbook, available in 5 languages: <https://www.divisiononaddiction.org/outreach-resources/your-first-step-to-change/>

Cambridge Health Alliance, Division on Addiction, BBGS eScreeners, available in 22 languages: <https://www.divisiononaddiction.org/outreach-resources/gdsd/toolkit/bbgs/>

Evergreen Council on Problem Gambling: Resources, podcast, YouTube, fact sheets, clinical tools, youth tools, and more: <https://www.evergreencpg.org/>

Gamblersinrecovery.com: An online resource for anyone impacted by gambling, including family and friends: <https://gamblersinrecovery.com/>

GameQuitters: Video game addiction support for all ages: <https://gamequitters.com/>

National Council on Problem Gambling, find help information by state: <https://www.ncpgambling.org/help-treatment/help-by-state/>

On-Line Gamers Anonymous (OLGA/OLG-Anon): <https://olganon.org/home>

Operation Responsible Gambling: Information and support for active military and veteran service members: <https://operationresponsiblegambling.org/>

Reddit gambling support forum: [r/problemgambling](https://www.reddit.com/r/problemgambling)


Reddit gaming support forum: [r/stopgaming](https://www.reddit.com/r/stopgaming)

UCLA's "Freedom from Gambling" self-help workbook, available in 19 languages: <http://www.uclagamblingprogram.org/treatment/workbook.php>

Youth Have the Power: Resources and information for youth, young adults, parents/guardians, teachers, coaches, and other professionals who work with youth; online curriculum on problem gambling and gaming, risk and protective factors, and more, with ability to redeem awards for engaging in healthy behavior challenges. FREE to participants: <https://youthhavethepower.org/>

Gambling Recovery and Related Podcasts:

- After Gambling Podcast
- All Bets Are Off: Gambling Addiction Recovery Podcast
- All In: The Addicted Gamblers Podcast
- Connections: Healthy Gambling and Gaming Podcast
- Fall In: The Problem Gambling Podcast for Military Service Members and Veterans
- Fold 'em: Help for Gambling Problems
- Modern Meeting
- The Broke Girls Society
- The Hidden Addiction Podcast
- The Problem Gambling Podcast
- Voices of Problem Gambling Recovery



Help resources
for Washington State

Is gambling causing you or a loved one problems?

It can feel scary and frustrating to lose more than you planned to. If you are feeling concerned about your gambling or someone else's, there is help and hope. You are not alone.

> Helplines

All helpline numbers below are free, confidential, and available 24/7 by call and text.

988

Suicide and Crisis Lifeline
Dial 4 for Indigenous/Tribal Resources

1-800-547-6133

WA State Problem Gambling Helpline

1-844-7NATIVE

Native American Dating and Sexual
Violence Helpline

1-800-799-SAFE

National Domestic Violence Hotline

866-789-1511

Washington Recovery Helpline
Crisis intervention and substance use recovery

> Counseling Services

For support and information about treatment, call or text the Washington State Problem Gambling Helpline (**1-800-547-6133**).

Scan the QR code for an online directory of gambling addiction counselors.

**evergreencpg.org/
service-locations.**



> Peer Support

Gamblers Anonymous® is a community-based 12-step program for those who gamble.

www.GamblersAnonymous.org

Gam-Anon® offers groups and support for those affected by another's gambling.

www.GamAnon.org

Peer Washington and Recovery Café Network offer local peer-led recovery services.

www.peerwa.org

www.recoverycafenetwork.org