

## Do you or someone you know have a problem with gambling?

During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?

During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?

During the past 12 months, 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, then getting help is your best bet.

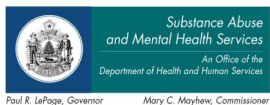
## For more information and resources: Dial 2-1-1 or

Visit: [www.211maine.org](http://www.211maine.org)

[www.maine.gov/selfexclusion](http://www.maine.gov/selfexclusion)

Substance Abuse and Mental Health Services  
Information and Resource Center  
207 287-8900

A collaboration of:



## You can self exclude at any Maine casino or the following locations:

**Maine Gambling Control Board**  
45 Commerce Drive, Augusta, ME 04333  
(207) 626-3900

**Aroostook County Action Program (ACAP)**  
771 Main Street, Presque Isle, ME 04769  
(207) 764-3721

**Washington County-One Community**  
121 Court St., Machias, ME 04654  
(207) 255-3741

**Stephens Memorial Hospital**  
181 Main Street, Norway, ME 04268  
(207) 743-5933  
M-F 9 Am to 1 PM

**Kennebec Behavioral Health**  
5 Commerce Drive Skowhegan, ME 04976  
(207) 474-8368  
or  
66 Stone Street, Augusta, ME 04330  
(207) 888-322-2136

**Mid Coast Hospital Behavioral Health**  
66 Baribeau Dr., Suite 7, Brunswick ME, 04011  
(207) 373-6995

**Portland City Hall**  
389 Congress St, Rm 307, Portland ME 04101  
(207) 756-8116

**York Hospital Community Health**  
32 York Street, York ME 03909  
(207) 351-2659 or (207) 351-2660

**Houlton Band of Maliseets**  
Health and Wellness Center  
3 Clover Circle, Houlton, Me 04730  
(207) 532-2240

**Wabanaki Health & Wellness**  
157 Park St, Suite 5, Bangor, ME 04401  
(207) 992-0411

Take control of your gambling  
and find out more about the

# Maine Self-Exclusion Program



Is gambling causing stress in  
your life?

Getting help may be  
your **Best Bet**

## What is self-exclusion?

Self-exclusion is action that a person can take to ban themselves from entering all casinos in Maine for a specific period of time. It also ends any privileges they have with the casino such as check-cashing services. A person can choose to self-exclude for 1 year, 3 years, 5 years, or for lifetime. The Gambling Control Board holds the official self exclusion list and releases the names only to casino or slot establishments. No one except the Gambling Control Board may release the names of anyone on the self-exclusion list.

## How can self-exclusion help me?

A person concerned about their gambling habits may have trouble resisting the attractions inside a casino that can trigger the desire to gamble. Self-exclusion keeps a person from entering into a casino which may reduce the temptation to gamble.

## What will happen after I sign up for self-exclusion?

The casinos must not allow a person on the list to enter the building or use privileges. If a person on the list enters a casino they may be arrested for trespassing and any winnings they may have earned are turned over to the state.

A person, who gambles at a casino while on the Self-Exclusion List, may in no way collect any winnings or recover any losses that have resulted from gambling for the entire time the person is on the list. Any winnings given to or found on or about a person on the list will be turned over to the Gambling Control Board.

## Can my name be removed from the self-exclusion list?

Yes. A person who self-excludes for a lifetime can request that their name be removed from the list five years after placement on the list by sending a written request to the Director of the Gambling Control Board.

## Can I place a family member with a gambling problem on the self-exclusion list?

No. Self-Exclusion is completely voluntary. The person who wants to self-exclude must sign the forms in person at the office providing the service.

*"Though I know that ultimately I have to work the steps of recovery and find the kind of peace and serenity that allows me to be free of the obsession to gamble, in the interim this is a great roadblock for me and a good feeling of commitment to stop gambling, one day at a time."*

*Anonymous*

## How do I get on the self-exclusion list?

You can self-exclude by visiting one of the 12 locations listed on the back of this brochure. At the time of your visit you will:

- Read and sign the State of Maine Gambling Control Board Self-Exclusion Request Form and the Self-Exclusion Waiver of Liability
- Have a photo taken
- Have a photo taken of your license or other photo ID you provide
- Receive resources and information about problem gambling and where to go for help.

Afterwards the forms and photos are sent in an email immediately to the Gambling Control Board and your name will be placed on the list. All paper forms and copied identifications will be sent to the Gambling Control Board in the next available US mail. None of your information will remain with the agency. This is a password protected confidential process.

## Check list of things to bring when you self-exclude.

- Name, including any aliases or nicknames
- Address
- Date of birth
- Social Security Number (voluntary)
- Players Club number
- Government issues photo identification such as driver's license or passport. A state photo ID is acceptable.