



# FCCG Webletter



## What does Problem Gambling look like?

Problem Gambling is often referred to as the Hidden Addiction. Unlike other addictions, like drugs or alcohol, there are no visible signs. It is common for gamblers to be in action for years before their secretive behaviors are discovered by friends or loved ones.

Unfortunately many times the signs are discovered too late, long after bank accounts are drained, relationships are broken, and legal consequences begin.

These are some common signs of problem gambling:

- Being preoccupied with gambling, such as constantly planning on how to get money.
- Needing to gamble with increasing amounts of money to get the same thrill.
- Trying to control, cut back, or stop gambling, without success.
- Feeling restless or irritable when you try to cut down on gambling.
- Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety, or depression.
- Trying to get back lost money by gambling more (chasing loses)
- Lying to family members or others to hide the extent of your gambling.

## *Don't Let The Holidays Become A Trigger!*

As families prepare to come together and enjoy the holidays, it is important to be aware that this time can also bring added stress to those struggling with a gambling addiction.

### Gifts

We encourage everyone to be mindful that gifts of cash and lottery tickets can be tempting to problem gamblers. If you know someone is struggling with their gambling, these gifts should be avoided even for other family members.

Lottery tickets have become popular stocking stuffers for people of all ages. It is important to keep in mind that the legal age to play the lottery is 18 years old. Research has shown that the younger a person begins to gamble, the greater the risk for the onset of a gambling addiction.

### Finances

Because problem gambling can cause such devastation to personal finances, the pressure of gift giving can cause depression or anxiety to those in recovery. These feelings can cause problem gamblers to relapse as they feel it is the only way to afford presents for loved ones. Be considerate of each person's individual situation and don't require gift exchanges.

### Conflict

Problem gamblers often neglect their families due to preoccupation with gambling. This can cause increased conflict over the Holidays. Remember that open GA meetings are available as well as Gam-Anon to help anyone that is negatively affected from problem gambling. If you are unsure about a meeting location near you, please contact the FCCG [1-888-ADMIT-IT](tel:1-888-ADMIT-IT)

## *Help Is Available For Those Affected By Problem Gambling*

The New Year is right around the corner, and what better resolution than to get help for a gambling problem.

Did you know that each problem gambler affects 8-10 people? This can include spouses, children, employers, etc. The Florida Council on Compulsive Gambling offers anyone affected by Problem Gambling a wide variety of resources based on your individual needs.

These resources include self-help groups, peer support, population specific literature, financial and legal assistance, and even individual counseling with a counselor specializing in gambling addiction.

All of these resources and many more are available through [1-888-ADMIT-IT](tel:1-888-ADMIT-IT).

**If you or someone you know has a gambling problem, call**

**[1-888-ADMIT-IT](tel:1-888-ADMIT-IT)  
[\(236-4848\)](tel:236-4848)**

**Live Chat at [www.gamblinghelp.org](http://www.gamblinghelp.org)**

**Text to [321-978-0555](tel:321-978-0555)**

**Email to [FCCG@gamblinghelp.org](mailto:FCCG@gamblinghelp.org)**

**The FCCG Wishes You and Your Family a Happy Holiday Season!**