



It's Responsible Gaming Education Week

If You Gamble, Play it Safe.

Have you gambled in the last twelve months? If you answered yes, you're not alone. In fact, the majority of Floridians gambled within the last year—and that's okay, as long as you do so responsibly! Gambling is a legal activity in state of Florida for adults 18 years and older. In addition to operating the state's only 24-hour problem gambling HelpLine (888-ADMIT-IT), the Florida Council on Compulsive Gambling is committed to supporting responsible gambling.

The first step to responsible gambling is understanding that for some people, gambling may come with serious consequences. Although most people who gamble are able to do so safely and without difficulty, it is estimated that one to three percent (1-3%) of Floridians suffer from Gambling Disorder with an additional four to five percent (4-5%) considered at-risk. When gambling becomes a problem, it not only impacts the gambler, but also their family, friends, and even coworkers in some capacity. The good news is, there are things you can do to minimize your risk of developing a gambling problem. [Click here](#) to read our latest blog post and learn more!

The Hidden Addiction.

Known as the Hidden Addiction, the signs and symptoms of problem gambling can remain undetected for weeks, months, and even years – contrary to what we see from substance abuse problems. It's possible that your coworkers may be in recovery for gambling. With this in mind, the FCCG recommends skipping office betting pools to be respectful of others' boundaries and avoid uncomfortable situations.

Please Play It Safe.



We proudly support Responsible Gaming Education Week.



888-ADMIT-IT

Don't Let Kids Gamble.

While lottery tickets and scratch offs may be fun for some adults of legal gambling age, research suggests that playing the lottery at a young age increases the chances of developing gambling problems later in life. The FCCG recommends not giving lottery tickets to minors as birthday gifts or allowing them to play yours. Additionally, you can install website blocking tools on your child's phone or computer to limit their exposure to gambling while online. Call 888-ADMIT-IT to learn more!



Did you know?

In addition to our 888-ADMIT-IT HelpLine, the FCCG is available 24/7 via live chat, text, or social media. No matter which method you chose to contact us, someone will be there, ready to assist.

1-888-ADMIT-IT

321-978-0555

[gamblinghelp.org](https://www.gamblinghelp.org)

Follow Us on Social Media!



**IF YOU
GAMBLE,
PLAY IT SAFE.**

- Take a Break.
- Don't Chase Losses.
- Stick to Limits.
- Play For Fun.