

RECOVERY PATH

Since 2012, the Recovery Path Treatment Program has continued to help problem gamblers, along with their family members, receive professional treatment services by a certified gambling counselor. This service is provided to Floridians despite their ability to pay.

PEER CONNECT

The Peer Connect program allows gamblers or those affected by problem gambling to speak with someone who is currently in recovery. This unique program provides support and advice from someone who has been in your shoes and can share their own personal experiences with gambling addiction.

LITERATURE

The FCCG's "A Chance for Change" workbooks outline a comprehensive self-help program for gamblers, loved ones, young adults, and elder gamblers. These workbooks are designed to help individuals experiencing gambling related difficulties to eliminate self-defeating negative behaviors, to think clearly, and make better decisions to lead a healthier lifestyle.

AND MUCH MORE....

THE DESPERATION BOWL IS HERE!

After a season of defeat, many avid sports betters use the Championship game as their last opportunity to win back any money they have lost throughout the year. This means higher than normal wagering and riskier bets, increasing the odds for a substantial loss. In the world of problem gambling, this is referred to as chasing your losses. According to the American Gaming Association (AGA), in 2017 there was \$4.7 Billion bet on the big game alone, with 97% of that being wagered illegally. This Sunday will be no exception!

The increased popularity of fantasy sports has made it easier for gamblers to make a quick bet by the click of a mouse in the comfort of their own home. Additionally, the lure of this form of gambling can be intriguing to minors, due to easy access and free fantasy leagues. Research shows early exposure to gambling, significantly increases a person's likelihood of developing a gambling problem.

Although the majority of sports fans will be watching this year's game without the stress of money riding on it, always keep in mind that friendly wagers or office pools can trigger someone in recovery. The good news is that the Florida Council on Compulsive Gambling is always here to help even on game day! We have HelpLine Specialists available 24/7 by calling **1-888-ADMIT-IT** (236-4848), texting to **321-978-0555**, or through live chat at www.gamblinghelp.org.

Here are some tips for the big game if you are in recovery:

- ✓ Avoid betting pools, either in your office or social circle.
- ✓ Watch the game at home with family members instead of going out to other facilities where you may be influenced to bet.
- ✓ Monitor or eliminate your alcohol intake, and remove any substances that could trigger your addiction.
- ✓ Call the FCCG to find a local self-help meeting to attend during the game.
- ✓ Contact your sponsor if you feel the need to gamble.

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

1-888-ADMIT-IT
(236-4848)

