

# Problem Gambling News and Events

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**Florida Council on Compulsive Gambling-888-ADMIT-IT(236-4848)**

## Financial Problems-Handling the Burden

### Warning Signs of Problem Gambling

- *Preoccupation with Gambling*
- *Risking Relationships*
- *Gambling to Escape*
- *Relying on Bailouts*
- *Increasing Bets to Sustain Thrill*
- *Concealing Activity*
- *Loss of Control*
- *Chasing Losses*
- *Agitated When Trying to Stop*

### Check these out!!!!

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

<http://gamblinghelp.org/forums/>

Live Chat and Text available:  
Mon-Fri 8am-5pm at  
[www.gamblinghelp.org](http://www.gamblinghelp.org)

Text- 321-978-0555

Please gamble responsibly

If you or someone you know has a gambling problem, call 1-888-ADMIT-IT (1-888-236-4848) for information and resources.

It goes without saying that financial problems are a significant negative affectation of problem and compulsive gambling. Savings accounts are drained, credit cards are maxed out and household bills sit unpaid for months at a time.

This all too familiar situation could be the toughest thing the gambler encounters and has to deal with once they enter recovery. Often times spouses and family members are faced with this burden until the gambler has worked on themselves, learned fiscal responsibility and is "well" enough to handle any financial duties in the household.

For those who do not have any immediate family or loved ones that can assist them, the financial devastation can almost be unbearable

and could be a trigger for returning to gambling to try to "win" back the money that they owe or have lost.

There are resources that can help in any situation. The important thing is to talk honestly about your financial problems to a professional, a family member or a GA representative in order to get onto a strict budget that allows you to sustain, pay your bills and pay off any debts that have been incurred. This process takes time and will strengthen your recovery.

Help Starts Here!

The FCCG is here to help! If you or someone you know has a problem, call the 24-hour, bilingual, confidential 1-888-ADMIT-IT HelpLine for resources and referrals.



## How to Deal With Financial Problems

- Have a family member or trusted friend take over your finances to ensure bills are paid
- Contact a credit counseling organization for help
- Request a Pressure Relief Group Meeting at Gamblers Anonymous
- Get a second job to ease the burden
- Talk to your bank about setting up account restrictions so that you cannot use money earmarked for household bills or debts

**Florida Council on Compulsive Gambling**  
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