

# Problem Gambling News and Events

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

## GA/Gam-Anon-More Than a Meeting

### 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.

For gamblers and loved ones alike, the most popular resource to take advantage of is Gamblers Anonymous and Gam-Anon. These programs have been the staple for many years and have helped thousands of individuals who have been affected by gambling.

These are 12 step programs based on the traditions of AA and offer people a safe place to share and learn from experiences in order to abstain from gambling and build a better way of life. These programs help people work on themselves.

There are four types of meetings available.:

**Closed** meetings are for gamblers only.

**Open** meetings are groups where anyone can attend even if you do not

know someone who is affected by gambling.

**GamAnon** is for family, friends and loved ones.

**Combined** meetings are where GA and GamAnon members are together in the same setting.

The group meeting mentality is that members are encouraged to lean on others for support and advice. By hearing from others that have abstained from gambling, members realize how good life can be without placing a bet.

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.



## Programs Within the Programs

- Sponsorship-mentors guide newcomers and assist them in working the steps
- Phone list-contact info on members to reach out to anytime
- Pressure Relief Group- financial counseling conducted by knowledgeable members in order to relieve stress
- 12 Steps-this is the life and thought process changing "meat" of the program. They should be worked on with the help from others

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