

Problem Gambling News and Events

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

Help is Just a Text Away!

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://gamblinghelp.org/forums/>

Live Chat and Text
available:
Mon-Fri 8am-5pm at
www.gamblinghelp.org

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.

The Florida Council on Compulsive Gambling has added a texting option to its array of ways people can receive help or information in regards to problem and compulsive gambling. With already having the 888-ADMIT-IT HelpLine, email at fccg@gamblinghelp.org, a live chat feature, forums and social media platforms like Facebook, Twitter and Pinterest, this was a natural next step in the evolution of the services the FCCG offers to Floridians. Individuals can text with a specialist at 321-978-0555 Monday-Friday from 8am to 5pm. The FCCG understands that in this day and age, people want different ways to reach out for help. For some, using the telephone in its intended form has declined tremendously over the last few years rare as texting offers an opportunity for people to hold a

conversation in complete privacy. Texting offers people that don't feel comfortable speaking on the phone an alternative. Whether you are seeking resources for you or someone you know or if you want information on the services offered, the FCCG encourages everyone to utilize any many ways to get help.

Remember that help is a click, a text, an email or a phone call away!

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.



Reach out to the FCCG

- Call 888-ADMIT-IT (236-4848)
- Email at fccg@gamblinghelp.org
- Facebook and Twitter
- Live chat at www.gamblinghelp.org
- Text to 321-978-0555
- Pinterest
- Post stories and questions to the forums at www.gamblinghelp.org
- Help Starts Here!

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