

# GAMBLING AND THE HOLIDAYS

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**Florida Council on Compulsive Gambling**

## ARE THE HOLIDAYS A TRIGGER FOR YOU?

The FCCG would like to wish all of you a happy and healthy holiday season!

For many, the holiday season represents a time when family and friends gather together to laugh, eat festive foods, exchange gifts and enjoy each others company.

Unfortunately, this is not true for all people. For those that suffer from a gambling problem, the holidays can be a very trying time.

For those that are actively gambling, the financial problems that are experienced can bring about depression and anxiety as there may be a lack money to buy gifts for family and friends due to recent gambling outings. The gambling addiction may cause extra problems in the household as far as conflicts over money and time spent gambling instead of with family members.

For those that are in recovery, the triggers that surround the holiday season can be too tempting. These include family and friends playing cards or other games in the household, lottery tickets being given as gifts, and the overwhelming amount of sporting events that take place which could lead someone to take a chance and wager on the outcome of a game.

Thankfully, there are things that can be done to avoid the triggers as much as possible and here a few of them:

- Make sure you don't have access to unnecessary amounts of cash
- Ask family and friends to refrain from any gambling activities while they are around you



- Request that no gifts of cash or lottery tickets be given out
- If you are in a 12 step program, find a meeting that is open during these times
- If you are in private counseling, schedule a session close to or during the holiday season for extra support

The FCCG understands how difficult a time this can be for some and that is why we will be available 24 hours a day by phone, live chat, text and email. See below on how to reach us anytime.

### Happy Holidays

If you or someone you know is having a gambling problem, call **888-ADMIT-IT** today!

For Professionals working with members of the military, the **Combat: Gambling Addiction toolkit** is available to download at the following link:

<http://www.gamblinghelp.org/resources/toolkits>

You may also be interested in information on our free online training module for certification as a Compulsive Gambling Counselor. Contact us now for more information!

Contact us today for assistance!

- ◆ **1-888-ADMIT-IT**
- ◆ Live Chat at [www.gamblinghelp.org](http://www.gamblinghelp.org)
- ◆ Text to **321-978-0555**
- ◆ Email to [fccg@gamblinghelp.org](mailto:fccg@gamblinghelp.org)

The Florida Council on Compulsive Gambling—**888-ADMIT-IT**

*Instilling Hope and Providing Help for Those Impacted by a Gambling Addiction*