

Gambling and the Military

FCCG Resources

- www.gamblinghelp.org
- Text to 321-978-0555
- Chat Live at gamblinghelp.org
- 888-ADMIT-IT (236-4848)
- Recovery Path Counseling Program
- Peer Connect Program

FCCG Resources

Professional Counseling	X
12 Step Meeting Referral	X
Peer Connect Program	X
Chance For Change Books	X
Legal Assistance	X
Social Services	X
Much, much more...	X

Help For Those That Serve

As with other addictions, Disordered Gambling does not discriminate. It can affect anyone regardless of gender, race, age or social and financial status.

However, there are certain populations of people that are more susceptible to developing a gambling addiction such as military personnel.

For those that serve in other countries, it is widely known that gambling is accessible on many bases. This is offered as a type of entertainment for troops and other personnel to take advantage of on their downtime. For some, gambling becomes a problem while they are still active in service. For others, the problem can start or worsen once they are back home readjusting to civilian life.

Active military and veterans may turn to gambling as a



major way to relieve stress or boredom or to feel better when going through a tough time. Some may gamble for its sense of risk and thrill. For other, gambling can be a distraction; a way to avoid coping with some of the other difficulties that may arise when transitioning from military to civilian life. One of the symptoms of an extreme gambling addiction is continuing to gamble even when you no longer

find it enjoyable.

Although it may be difficult for those who have been in combat and risked their lives facing untold dangers against enemy soldiers to reach out for help, it is important that they realize they are not alone and help is available to them. There is no shame in admitting you have a problem and the FCCG is here to help!

Common Signs That You Are Having A Gambling Problem:

- Turning to gambling because you are having a hard time readjusting
- Withdrawing from family and friends
- Extreme feelings of isolation and not belonging
- Concealing gambling activity from loved ones
- The need to gamble due to anxiety and depressive feelings
- Serious financial difficulties

Call 1-888-ADMIT-IT Today