

THE FCCG IS CELEBRATING NATIONAL RECOVERY MONTH

Florida Council on Compulsive Gambling
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YOUR PATH TO RECOVERY IS A PHONE CALL OR A MOUSE CLICK AWAY

September is National Recovery Month so the FCCG wants to encourage anyone who is having problems with gambling to reach out for help so we can assist in getting you on the path to recovery.

Approximately 60 million adults in the United States suffer from some form of diagnosable mental illness and tens of millions more have an addiction to drugs, alcohol or nicotine.

Further, there is a high correlation between problem gambling and substance abuse and mental illness.

More than one in four (26%) of the gamblers who contacted the HelpLine in 2015/2016 stated they also had a past or present substance abuse problem and the feelings of depression (70%), anxiety (77%), and suicidal ideations (29%) were all too common to hear from callers.

Some individuals that suffer from a mental illness feel that the roll of the dice or the spin of a slot machine can help them have some fun and relax. In reality, over time it often makes the depression or anxiety worse.

The use and abuse of substances lowers inhibitions for gamblers and can make them gamble higher dollar amounts and for longer periods of time than they normally would do if sober...

The FCCG understands these facts and has the supports in place to assist anyone that is experiencing problems with gambling.

For treatment professionals, awareness advocates and organizations, the FCCG hopes you will join in the celebration of this very important month for those that are in recovery and those that are about to start...



You can contact the FCCG several different ways too!

- ◆ [1-888-ADMIT-IT](tel:1-888-ADMIT-IT)
- ◆ Live Chat at www.gamblinghelp.org
- ◆ [Text to 321-978-0555](text:321-978-0555)
- ◆ Email to fccg@gamblinghelp.org
- ◆ Check out our [Facebook](#) and [Twitter](#) pages!

If you or someone you know is having a gambling problem, call [888-ADMIT-IT](tel:1-888-ADMIT-IT) today!

National Recovery Month

This month is dedicated to educating the public that people suffering from addiction or mental disorders can receive services that can help them lead a healthy and rewarding life. It is also to celebrate those that have been in recovery. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

For Professionals:

The FCCG offers a free 60 hour online training to anyone interested in becoming certified to treat gambling addicts and a variety of online webinars. Contact us at fccg@gamblinghelp.org for more information