

Web Letter



FLORIDA COUNCIL ON
COMPULSIVE
GAMBLING
888-ADMIT-IT

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888-ADMIT IT | 321-978-0555 | GAMBLINGHELP.ORG |       

No Matter the Holiday, the Best Gift is Recovery

“The most wonderful time of the year” may not ring true for every person this holiday season. It’s natural to reflect on the year as it comes to a close, and for those who struggle with compulsive gambling, this reflection can bring many complex feelings to the surface. **It’s important to remember that no matter what this past year held, the best gift someone can give themselves, and their loved ones, is recovery.**

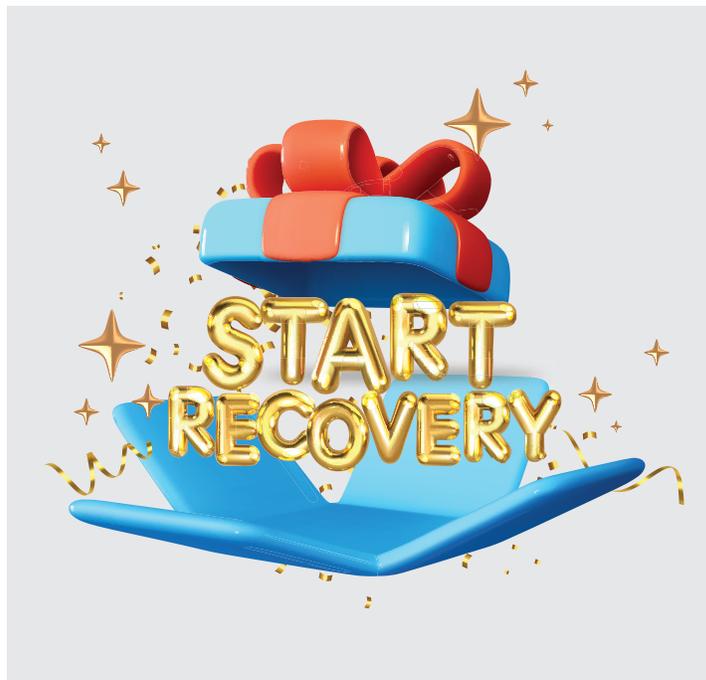
How the Holidays Can Affect Compulsive Gamblers

Quality time with loved ones and intentional gift giving are things to be thankful for. However, those dealing with the effects of compulsive gambling may feel alienated, even while surrounded by others. Some of the ways people may be silently struggling during this time include:

- Trying to recoup losses to pay household bills
- Inability to afford holiday gifts or activities
- Feelings of isolation or loneliness
- Reflecting on damaged relationships
- Experiencing serious financial challenges
- Suffering from Seasonal Affective Disorder or other emotional difficulties (***See our Managing Emotions blog.***)

For over 30 years, the Florida Council on Compulsive Gambling (FCCG) has served thousands seeking help or information for problems due to gambling and associated difficulties with shame, suicidal thoughts and emotional or other challenges.

Each year, 60% or more of HelpLine contacts express feelings of depression and over one-third experience neglect.



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***Your One Sure Thing* this Holiday Season**

The best part of a new year is the feeling that anything is possible — because it is. But those struggling with compulsive gambling and their loved ones don't have to wait for January 1st for a clean slate. The road to recovery can begin today.

Recovery starts with being honest with yourself and seeking out the resources needed to begin your journey to healing one day at a time.

The FCCG 24/7 HelpLine, **888-ADMIT-IT**, is confidential, multilingual, and offers:

- Online Program for Problem Gamblers (OPPG)
- Peer Connect Program
- *A Chance For Change* Recovery workbooks
- FCCG Budgeting Toolkit

No matter where someone is in their journey to recovery, they're never alone. While you may not know what's waiting beneath the gift wrap this year, *Your One Sure Thing* is knowing that recovery from a gambling problem is possible for those willing to take the first step.

The **888-ADMIT-IT** HelpLine may be reached through a variety of methods to assure that regardless of a person's comfort level, help can be realized.

Contact FCCG's confidential and multilingual 24/7 Problem Gambling HelpLine:

Phone: **888-ADMIT-IT**

Text: **321-978-0555**

Email: fccg@gamblinghelp.org

Live Chat: gamblinghelp.org

Tap into the **888-ADMIT-IT** App or reach out on social media, such as **Facebook** and **Twitter**.

