

# WEB LETTER



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LOSE

HELP  
LINE



888-ADMIT IT

321-978-0555

[GAMBLINGHELP.ORG](https://GAMBLINGHELP.ORG)

CHANCE

LOSE

**SPREAD THE WORD: GAMBLING ADDICTION IS TREATABLE FOR THOSE WHO SEEK HELP**

**March is Problem Gambling Awareness Month (PGAM).** Gambling disorder, defined by the American Psychiatric Association as a behavioral addiction, is treatable for those who seek help. Did you know that help and hope for a gambling problem are available at no cost to Sunshine State residents? While it may sound too good to be true, **IT'S A FACT!** **When Gambling is No Longer a Game...888-ADMIT-IT is the Game Plan!**

March also ushers in March Madness and considering the rise in sports wagering nationwide within the past year alone, particularly via mobile devices, it's important to put safeguards in place to assure those who fall prey to gambling addiction can secure the help they need. It might be helpful to know that **March 4th-5th (sundown to sundown) is the annual National Day of Unplugging**, which serves as a gentle reminder to disconnect from using electronic and mobile devices. Whether you rely on your phone, computer or another gadget to connect with friends and loved ones, to research information, to navigate directions, to play games, to place bets (despite its illegal status in Florida), or another purpose, it's essential to take a break that is devoted entirely to YOU - to unplug, relax, reflect, be active, to get fresh air, and/or to connect with loved ones (in person!).

The Florida Council on Compulsive Gambling (FCCG) is partnering with gambling industry operators, state and local government organizations, and others in raising public awareness about problem gambling. We are calling on YOU and community-based leaders to help spread the message! Battles with addiction, whether it be from alcohol, drugs, tobacco, or gambling, are always best when addressed in unity. No one should feel they need to face the road to recovery alone.

**You can help spread the message by:**

- Increasing your knowledge about gambling addiction through social media and free webinars and workshops!
- Sharing information and resources with community partners and asking them to do the same.
- Devising posts and related information about PGAM on social media platforms, being sure to promote **#PGAM 2022**.
- Scheduling a 30-minute webinar and invite someone from the FCCG to present alongside you with community members to discuss gambling and problem gambling among youth/young adults, older adults, military members/veterans, faith leaders, and others.
- Initiate conversations with people you know to assure they are aware that gambling can be risky, while recovery for those who experience difficulties is possible.
- Speak with local television and radio stations to inquire if they would be willing to sponsor a 30 second Public Service Announcement. The FCCG can provide the PSA and proof of non-profit status!
- Raise awareness about the **24/7 Confidential and Multilingual 888-ADMIT-IT Problem Gambling HelpLine**.
- Encourage mental health and medical professionals to assess for gambling addiction on March 8th, National Gambling Disorder Screening Day. Visit <https://problemgamblingawarenessmonth.org> to learn more!

**IF GAMBLING IS CAUSING DIFFICULTIES FOR YOU OR SOMEONE YOU KNOW, HEALING ONE DAY AT A TIME IS POSSIBLE. CALL 888-ADMIT-IT (888-236-4848), TEXT (321-978-0555), EMAIL ([FCCG@GAMBLINGHELP.ORG](mailto:FCCG@GAMBLINGHELP.ORG)), LIVE CHAT ([GAMBLINGHELP.ORG](https://GAMBLINGHELP.ORG)), TAP INTO THE 888-ADMIT-IT APP ([HTTPS://LANDING.APPPIE.COM/888-ADMIT-IT](https://LANDING.APPPIE.COM/888-ADMIT-IT)), OR REACH OUT ON SOCIAL MEDIA, SUCH AS FACEBOOK AND TWITTER.**