

Web Letter



FLORIDA COUNCIL ON
COMPULSIVE
GAMBLING
888-ADMIT-IT

VOLUME 146 • MARCH 2023



888-ADMIT-IT



GAMBLINGHELP.ORG



Celebrating 20 Years of Problem Gambling Awareness Month

This March, **Problem Gambling Awareness Month (PGAM)** is celebrating a huge milestone — its 20th anniversary! That's twenty years of education, healing, hope, and life changes provided to those struggling with problem gambling and their loved ones. This movement has not been a solo effort, and the **Florida Council on Compulsive Gambling (FCCG)** is honored to have linked arms with organizations across the country, such as the initiative's founding group, the National Council on Problem Gambling (NCPG), to highlight the growing need for resources, treatment, and other supports.

Two decades ago, PGAM was just a week-long event, created in response to March Madness, a college basketball tournament that many Americans place both legal and illegal bets on each year. After a decade, the initiative was extended beyond its one week to become a month-long effort striving to spread awareness of the increased prevalence of problem gambling during March Madness and beyond.

How is the FCCG celebrating this milestone? In honor of the 20th anniversary, we embarked on a mission to go above and beyond and create unique theming to educate Florida residents about the severe impacts of compulsive gambling, how to identify and understand a person who may be suffering or at risk, steps to prevent the development of a gambling addiction, and most importantly, how to connect with resources.

The theme we chose for this occasion is ***In Life... When Gambling is No Longer a Game... Losing is not an option***, and we have created a game loosely based on The Game of Life™ addressing topics and issues related to responsible gambling that you can actually play **by clicking here** to learn more about the subject. Inspired by gambling industry employee Melissa John, this game gives players the opportunity to face different situations and decisions related to important areas of life — Wealth, Career, Family, and Adventure. Just as in real life, this game's concept is based upon players making decisions and understanding that every choice has an outcome, and each turn provides valuable information about problem gambling.



continued on next page

Problem gambling, also known as the hidden addiction, does not have clear physical signs and can be hard to detect from the outside. While there are few visible symptoms, compulsive gambling can take a toll on one's physical, relational, mental/emotional, and financial health. We understand that when gambling grabs hold of a person's thoughts and keeps their mind preoccupied on the next bet, making the right decisions can feel impossible. In our game and throughout PGAM, we want to emphasize that in life, **we are faced with choices every day, and no matter what path you and your loved ones choose, know that recovery from problem gambling is *Your One Sure Thing*.**

With current shifts afoot in the gambling landscape, Floridians can feel confident in the fact that any person suffering from the impacts of problem gambling can get connected to help, hope, and resources through the FCCG's 24/7, Confidential, and Multilingual **888-ADMIT-IT** Problem Gambling HelpLine - in other words, **"When Gambling is No Longer a Game...888-ADMIT-IT is the Game Plan!"**

In Life...When Gambling is No Longer a Game... **LOSING IS NOT AN OPTION!**



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

Call or Text: 888-ADMIT-IT

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.