

WEB LETTER



FLORIDA COUNCIL ON
COMPULSIVE
GAMBLING

VOLUME 136 • MAY 2022



📞 888-ADMIT IT
📱 321-978-0555
GAMBLINGHELP.ORG

KNOWING WHERE TO TURN FOR GAMBLING ADDICTION SUPPORT

The month of May is Mental Health Awareness Month, May 8th was Mother's Day, and May 30th is Memorial Day. In all, it is a time for reflection, to remember those who have given their lives to protect our freedoms, to celebrate and acknowledge mothers, and to remember to take care of ourselves and our mental health.

The Florida Council on Compulsive Gambling (FCCG) wants Floridians to know that its 24/7 confidential and multilingual HelpLine, **888-ADMIT-IT**, offers a breadth of supports for persons experiencing mental health and other difficulties due to gambling. In addition to in-person, phone, and online services, 888-ADMIT-IT provides a series of print and other resources that can walk gamblers and those adversely affected through the recovery process to navigating new terrain.

888-ADMIT-IT further provides assistance to concerned persons and professionals who service problem gamblers and their families. For example, **888-ADMIT-IT** provides no-cost training for mental health, addiction, and health care professionals seeking to become certified in gambling addiction counseling and furnishes supports for legal and judicial authorities, as well as military and veteran organizations, older adult service providers, educators at all levels, in addition to employee assistance professionals, and others. The FCCG is also responsible for training gambling operator employees in the areas of problem and responsible gambling. In short, **888-ADMIT-IT** enables anyone in need of information or assistance for a gambling problem to receive comprehensive services via one contact.

Did you know that **888-ADMIT-IT** now offers a newly launched Online Program for Problem Gamblers (OPPG)? Best of all, it's free to Florida residents! The 8-week program allows participants to use self-paced exercises, videos, and readings, while interactive questionnaires provide individual feedback on participant results from licensed mental health professionals.

The OPPG eliminates barriers that keep people from seeking traditional face-to-face help services, including cost, travel times, remote geography, childcare challenges, stigmatization of gambling, methods of learning, and fears about confidentiality. Most importantly, in addition to accessing help any time of day from anywhere, the OPPG enables gamblers to better understand their behavior, improve emotional regulation, develop sustainable personal coping strategies, and reduce the shame often associated with the disorder.

But this is not all the **888-ADMIT-IT** HelpLine offers. **The Problem Gambling 888-ADMIT-IT HelpLine provides referrals to diverse supports to assure that regardless of one's circumstances or preferences, assistance can be provided:**

- A Peer Connect Program, which allows for gamblers and those adversely affected to speak with a recovering compulsive gambler
- Professional treatment services provided by certified gambling addiction providers
- Self-help programs
- Self-exclusion programs for land-based and online forms of gambling, including cryptocurrency and stock trading
- Financial and legal resources, including options for limiting access to cash and restricting transaction permissions
- Self-help literature, including the FCCG's "A Chance for Change" recovery workbook series for gamblers, loved ones, older adult gamblers, and college-age students
- Online, mobile gambling, video game, social casino/gaming addiction resources
- Online supports and mobile apps
- Social service and emergency assistance, population specific resources, and more!

To learn about problem gambling, to review FCCG blogs and web letters, and to heal one day at a time, visit gamblinghelp.org. Contact the Florida Council on Compulsive Gambling's confidential and multilingual 24/7 Problem Gambling HelpLine by phone, **888-ADMIT-IT** (888-236-4848), text (**321-978-0555**), email (fccg@gamblinghelp.org), live chat (gamblinghelp.org), tap into the 888-ADMIT-IT App (<https://landing.appypie.com/888-admit-it>), or reach out on **social media**, such as Facebook and Twitter.