

# WEB LETTER



FLORIDA COUNCIL ON  
COMPULSIVE  
GAMBLING

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888-ADMIT IT

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

## NATIONAL FAMILY CAREGIVERS MONTH: PROVIDING SUPPORT FOR PROBLEM GAMBLING

Problem gambling is a disorder that affects 6-9 million people in the United States, with hundreds of thousands directly or indirectly affected right here in Florida[1]. Creating the right support for these individuals is what paves the road to recovery. Staying informed on the topic of problem gambling is the anchor family caregivers and loved ones need to fill the role of a healthy support system. Unfortunately, the myth persists that those who struggle with it are “people who simply have bad luck or need to learn to control themselves.” Misconceptions such as this and the resulting stigma have limited many in getting the proper help and resources needed to beat this addiction.

Since gambling opportunities and types are constantly evolving, it is essential to note what can trigger a recurrence of the disorder. Individuals who struggle with problem gambling can be as close to their addiction as the phones in their pockets, but it is the *people* closest to them can make the difference on their path to recovery. Through our 2019-2020 HelpLine report, we have found that 76% reported there was family conflict present, and 52% indicated family neglect as gambling-related impacts currently experienced by the gambler.

**The great news is our Confidential and Multilingual 888-ADMIT-IT Problem Gambling HelpLine is available not only for those experiencing gambling disorder but loved ones as well. There is power in the action of loved ones and those who serve as family caregivers.**

Another misconception about gambling addiction is that it affects only people of a certain age. People from all walks of life seek help for problem gambling, from those under the age of 20 to those over 65 [2]. This disorder does not discriminate against anyone and has a wide range of serious impacts, including health repercussions. According to The University of Iowa’s psychiatry professor Donald M. Black, M.D., one of the country’s leading experts on compulsive gambling, “The worse the gambling disorder, the worse the chronic health conditions we typically see” [3].

**The good news we have for any loved one or caretaker is that gambling addiction is treatable.**

If you suspect that you or someone in your care is struggling with gambling, our 888-ADMIT-IT (236-4848) HelpLine provides 24/7, confidential, and multilingual service and supports, and is also available through our text line at 321-978-0555, live chat on our website at [gamblinghelp.org](http://gamblinghelp.org), email at [fccg@gamblinghelp.org](mailto:fccg@gamblinghelp.org), and through the FCCG’s social media platforms. Know that development of a gambling addiction can be prevented, and it is never too early to voice your concerns.

**THE FCCG’S 24-HOUR CONFIDENTIAL AND MULTILINGUAL HELPLINE MAY BE REACHED BY CALLING 888-ADMIT-IT (888-236-4848), TEXTING (321) 978-0555, EMAILING [FCCG@GAMBLINGHELP.ORG](mailto:FCCG@GAMBLINGHELP.ORG), INITIATING A LIVE CHAT AT [GAMBLINGHELP.ORG](http://GAMBLINGHELP.ORG), OR BY REACHING OUT TO US ON SOCIAL MEDIA PLATFORMS**

# REFERENCES

[1] Florida Council of Compulsive Gambling. RECORD-SETTING SPORTS BETTING FOR SUPER BOWL LIV EXPECTED TO RESULT IN UNPRECEDENTED INQUIRIES FOR PROBLEM GAMBLING HELP, 2020, [gamblinghelp.org/assets/Pressrelease-January-2020.pdf](http://gamblinghelp.org/assets/Pressrelease-January-2020.pdf).

[2] 24-Hour Problem Gambling HelpLine Annual Report., 2020 ed., The Florida Council on Compulsive Gambling, Inc., 2020, 24-Hour Problem Gambling HelpLine Annual Report.

[3]Hogan, Peter Jaret and Bill. Gambling and Why Older Americans Get Hooked - Gambling Addiction. [www.aarp.org/health/brain-health/info-01-2014/gambling-addiction.html](http://www.aarp.org/health/brain-health/info-01-2014/gambling-addiction.html).