

Web Letter



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Celebrating National Recovery Month and So Much More

As Florida's summer comes to a close, September and the start of autumn brings an opportunity for reflection, reevaluation, and recovery. September marks **National Recovery Month** and when we recognize Suicide Prevention Month, Self-Care Awareness Month, National Family Month, and Responsible Gaming Education Month.

The Connection between Gambling and Suicide

Approximately one in every five compulsive gamblers attempts suicide. **A key area of focus for problem gambling recovery is suicide prevention.**

Remain vigilant regarding the warning signs:

- Talking about suicide/wanting to die
- Feeling hopeless/trapped/ like a burden/like there's no reason to live
- Increasing use of drugs/alcohol
- Extreme mood swings
- Isolation/withdrawing from family/friends

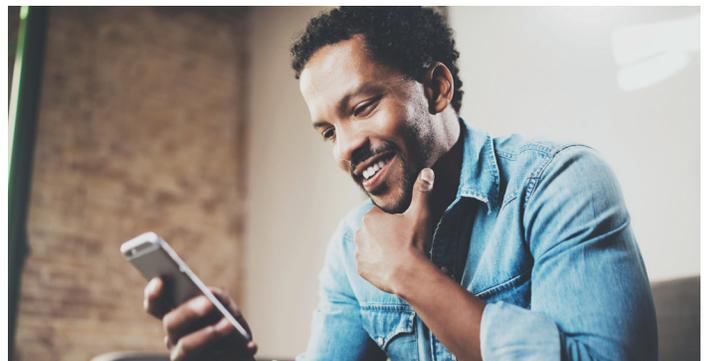
If you recognize these signs in yourself or a loved one, remember, in Florida *Your One Sure Thing* - **888-ADMIT-IT**, is within arm's reach. You can also reach out to the National Suicide Prevention Lifeline at **1-800-273-TALK**.

Why Self-Care Must Not Be Overlooked

"You can't pour from an empty cup." The old adage rings true when overcoming gambling addiction. You must care for yourself from the inside out to make recovery strides. Self-care may look different for everyone, but the end goal is the same - giving yourself what you need. A few ideas to "fill your cup":

- Journal to document milestones
- Spend time outdoors, away from screens/gambling facilities
- Call/video chat a close friend/family member
- Use guided meditations
- Attend a self-help meeting

For confidential, free, and comprehensive support call **888-ADMIT-IT** or visit the **mobile app**.



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The Importance of Family Support in Recovery

Problem gambling affects those struggling with the addiction, yet its impacts ripple through the lives of loved ones. Gambling disorder is considered the hidden addiction, as there are no telltale visual signs, so those closest to the gambler often struggle to identify issues until it's too late. Families also suffer from financial and other short and long-term consequences.

Family support can be a saving grace. Positive reinforcement from a loved one can be most meaningful. **Words of encouragement, accountability, and feeling loved go a long way in supporting a person's recovery**, and what better time to celebrate than during National Family Month?

How to Support a Loved One in Recovery

- Open a dialogue – Let your loved one know they can talk to you
- Be clear and direct – Though some conversations can be hard, communication is key
- Offer support but avoid taking over – Respect your loved one by allowing them to make their own choices at their own pace

Take steps to care for yourself or a loved one. To learn more, check out our website at **gamblinghelp.org**, call **888-ADMIT-IT** or visit the **mobile app**.

Responsible Gaming Resources

As September is underway, the Florida Council on Compulsive Gambling is proud to participate in Responsible Gaming Education Month (RGEM). By partnering with organizations across the industry, **the goal of RGEM is to promote gaming literacy, highlighting resources such as self-limiting/monitoring tools and channels for recovery.**

If you or someone you love is struggling with a gambling problem, remember, recovery is possible for those who seek help. *Your One Sure Thing*, **888-ADMIT-IT** offers confidential and multilingual 24/7 supports.

To learn about problem gambling, to review FCCG blogs and web letters, and to heal one day at a time, visit **gamblinghelp.org**. 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.

