

Counseling Services: Outpatient Counseling -
Program Summary

****Resource for BOTH the Gambler AND Loved One's**

- ❖ Problem gambling specific programs and services offered through the 888-ADMIT-IT HelpLine include counseling service referrals provided through a variety of professional treatment options. Modalities of treatment services available through HelpLine referrals includes **Outpatient Counseling Services**.
- ❖ **Outpatient Counseling Services Referrals** offer problem gambling specific outpatient mental health counseling services which are provided by a specific network of licensed, certified gambling addiction treatment providers located throughout the state of Florida.
- ❖ Treatment from trained professionals can assist in finding ways to cope with stress and begin recovery from addiction to gambling. Receiving professional treatment supports through outpatient counseling or via inpatient/residential services, differs from self-help support groups (like Gamblers Anonymous or Gam-Anon), by providing the opportunity to share personal information in an individual setting, through one-on-one dialogue with licensed, gambling addiction certified treatment providers. Mental health counseling services can be provided in a variety of ways, including individual, couples, or group counseling sessions. Certified, mental health, addiction and other health care professional problem gambling counseling referrals offered through the 888-ADMIT-IT HelpLine, provide counseling supports by treatment providers who have received specialized training to understand and treat the unique circumstances and experiences of problem gamblers and others who are adversely affected.
- ❖ While there is a cost for outpatient counseling services, many insurance companies do provide coverage, and most treatment providers accept insurance and/or work with HelpLine callers on a sliding scale fee. Therefore, it is important to review your own policy to determine whether you and your loved ones are covered for such medical help. The FCCG's list of licensed, certified, mental health treatment professional referrals (outpatient counseling options) provided through the HelpLine may be able to utilize your insurance or establish a sliding scale fee.
- ❖ There are times when professional guidance and support garnered through counseling can be particularly helpful to aid problem gamblers in sorting out options or strategies for learning how to cope with particular situations or difficulties that arise in their life. In addition to providing an atmosphere to help you and your loved ones examine issues at their core, it can furnish comprehensive treatment supports for varying difficulties based upon identified individual needs.