

888-ADMIT-IT HelpLine Resource:

The Power of Support Groups

For Gamblers, Older Adult Gamblers, and Loved Ones

The Florida Council on Compulsive Gambling (FCCG) is committed to increasing public awareness about problem and compulsive gambling. The FCCG provides services and support to those in need of assistance to help improve their lives. For problem gamblers, support groups are often a critical part of their path to recovery.

Support groups come in all shapes and sizes. They allow those suffering from problem gambling to seek help by sharing their story with others. Talking to others who are going through the same struggles fosters a comfortable space for those learn from others to improve their quality of life and learn from each other's mistakes. Being part of a community of people who understand what you are going through is therapeutic. Support groups have similar success rates to individual counseling and other forms of therapy. The bottom line is, they work! Here is a list of some common benefits:

- Feeling less lonely, isolated or judged.
- Gaining a sense of empowerment and control.
- Improving your coping skills and sense of adjustment.
- Talking openly and honestly about your feelings.
- Reducing distress, depression, anxiety or fatigue.

FCCG connects callers to our 888-ADMIT-IT Helpline with meeting information so you do not feel alone when trying to recover from problem gambling. Sometimes those closest to you have no idea what you are going through and how difficult it can be to combat an addiction alone. A support group with like-minded individuals, who understand the struggles you similarly face, can help you navigate a life without gambling.

A common myth is that support groups are just for the gambler. There are support groups for the loved ones of problem gamblers as well. By calling the FCCG helpline, the loved ones of gamblers can learn more about available programs.