

Self-Help Support Groups – Collectors MD – Weekly Virtual Peer Support

Meetings – Program Summary

****Resource for the Gambler ONLY**

About Collectors MD

Collectors MD is a support-based movement and safe space for collectors navigating the emotional, financial, and mental toll of compulsive collecting and spending, modern break culture, and hobby burnout. Whether you've gone too deep into chasing, lost control of your spending, or simply need help taking a step back - we're here for you.

Collectors MD is for anyone struggling with compulsive collecting, overspending, or gambling-like behaviors in the hobby. Whether you're into sports cards, TCG, memorabilia, sneakers, watches, NFTs, or any other collectibles, this FAQ answers common questions about who we are, what we offer, how to join, and how you can get involved. We're here to help you collect with intention, not compulsion.

We're not anti-hobby. We're pro-clarity, pro-boundaries, and pro-mental health. Through honest conversations, peer support, and practical tools, we help collectors reconnect with the joy of the hobby - without losing themselves in the process.

Program Overview

Collectors MD operates the first recovery-focused peer-support community designed specifically for collectors navigating compulsive spending, gambling-adjacent behaviors, and the emotional fallout of modern hobby culture. Their weekly virtual meetings provide a safe, judgment-free environment where collectors can slow down, reflect, and regain control.

These meetings are especially relevant for HelpLine callers whose gambling problems are tied to breaks, razzes, fast-paced auctions, speculative flipping, or the "chasing" cycle that mirrors gambling mechanics.

Weekly Peer Support Meetings

Meeting Format & Purpose

Collectors MD hosts free, confidential, weekly virtual peer-support meetings for individuals struggling with compulsive collecting, overspending, or gambling-like behaviors tied to the hobby. Meetings emphasize honest conversation, shared lived experience, and practical strategies for building healthier habits. Participation is flexible—listening quietly is always welcome, and video is optional.

Schedule

- Wednesdays, 8:00-9:00 PM ET
- Held virtually via a secure online platform
- Open to collectors at any stage of struggle or recovery

Meeting Environment

- Non-judgmental, recovery-oriented space
- Focus on slowing down impulsive patterns
- Encourages accountability, stability, and intentional collecting
- Designed for people who feel "stuck in the chase," financially overwhelmed, or emotionally dependent on hobby-related risk behaviors

Required Screening for Newcomers

To maintain a safe, supportive environment for all participants, new attendees must complete the Peer Support Virtual Meeting Screening Form available on the Collectors MD website.

This brief intake step helps moderators ensure meetings remain confidential, respectful, and recovery-focused.

Fill Out the Form & Sign Up: bit.ly/45koiMX

Who This Resource Helps

Collectors MD's peer-support meetings are appropriate for:

- Individuals whose gambling problems are tied to card breaks, auctions, marketplace chasing, or compulsive hobby spending
- Collectors experiencing financial strain, secrecy, or loss of control
- People who use collecting as a coping mechanism and feel unable to stop
- Anyone wanting to rebuild a healthier, more intentional relationship with the hobby

Collectibles Trading as a Form of Gambling

Modern collecting often blends seamlessly with gambling—especially through live breaks, high-velocity auctions, mystery packs, and speculative flipping. These mechanics can trigger the same chasing, loss-of-control, and financial harm seen in traditional gambling.

Collectors MD directly addresses this overlap by offering:

- A community that understands the unique risks of hobby-related gambling
- Weekly accountability and emotional support
- A structured, recovery-informed environment tailored to collectors
- A safe entry point for individuals not yet ready for formal treatment

Website: <https://collectorsmd.com/>

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