

Self-Help Support Groups: Gamblers in Recovery - Gamblers

****Resource for the Gambler ONLY**

- ❖ Self-help is a critical part of the recovery process. Self-help groups can assist you with tools for recovery and can provide insight that you are not dealing with this problem alone. Generally, self-help groups offer the opportunity to identify with others through a shared group experience, and furnish ongoing and lifelong support.
- ❖ An aspect of many self-help programs is sponsorship. Sponsors may provide additional information, encouragement, fellowship and guidance to newcomers on a voluntary basis. They may also furnish assistance and offer suggestions to newcomers on a case-by-case basis.

Gamblers in Recovery (for Gamblers and Loved Ones):

- ❖ **Gamblers in Recovery** (<https://gamblersinrecovery.com>) is an online tool which catalogs over 400 gambling-specific weekly virtual self-help group meetings hosted around the world via ZOOM, including Gamblers Anonymous meetings, Gam-Anon meetings, and Recovery Road meetings. The sole purpose of all meetings listed on this site is to help compulsive gamblers and family and friends to recover. The Gamblers in Recovery website, gamblersinrecovery.com, uses a simple interface to assist help seekers in locating meetings to join around the clock, throughout the week. The worldwide nature of the meetings list and resulting overlap of global time zones also helps bridge the gap for help seekers with scheduling conflicts that can make joining local meetings challenging. Best of all, this resource is completely free.
- ✓ **For GAMBLERS**, the website (<https://gamblersinrecovery.com/?s=>) lists current and future Gamblers Anonymous and Recovery Road meetings and features a search tool to aid in locating individual meetings or specific types of meetings. Meetings which are currently in progress appear at the top of the list with red text indicating the amount of time left, while future meetings are listed below in chronological order. Upcoming meetings which start within the hour are indicated with green text showing the time left before the meeting begins. Each listing contains the locale where the meeting is based, along with the ZOOM Meeting ID and password, group details and meeting type, day and time (converted to Eastern Daylight Time where applicable), a Meeting Reference code (Mtg Ref) for ease in locating the meeting again using the search tool, and a button which users can click to join the meeting via ZOOM.
 - **Gamblers Anonymous (GA)** is an anonymous and confidential fellowship of men and women of all ages, from diverse social and economic backgrounds, races and religions, who meet for the purpose of sharing their experience, strength and hope as it relates to maintaining abstinence from gambling while living a happy and useful life. There are no dues or fees, and the only requirement for membership is a desire to stop gambling. This 12-step meeting has tens of thousands of members around the United States, is free to attend, and offers sponsorship and pressure relief as significant components of the program.
 - **Recovery Road** is an online recovery program with no dues or fees that was founded from the growing urgency of problem gamblers wanting to quit gambling and live in recovery. Support is available for gamblers through a private Facebook Group and daily online 12-Step meetings offered from morning to midnight and more, facilitating connection to a support network of others going through similar situations.