

Self-Help Support Groups: Gamblers in Recovery - Loved Ones

****Resource for Loved Ones 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.

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 LOVED ONES**, the website (<https://gamblersinrecovery.com/familyfriends/>) lists recurring weekly and monthly Gam-Anon and Recovery Road meetings along with the locale where the meeting is based, the ZOOM Meeting ID and password, group details and audience specifics, the meeting's weekly/monthly schedule, and a link to join the meeting.
 - **Gam-Anon** is for persons adversely affected by the gambler, such as family members and friends. Members are provided opportunities for learning how to cope with the gambler and accompanying difficulties. It is similar in structure and function to GA. It is not necessary for the gambler to attend Gamblers Anonymous in order for a family member, friend or other loved one to participate in the Gam-Anon program. Members are provided opportunities for learning how to cope with the gambler and accompanying difficulties. It is similar in structure and function to GA.
 - **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. For loved ones, Recovery Road Online Family Group was established six months after the original fellowship, due to the overwhelming and continuing issues that family members and friends of problem gamblers were experiencing. Support is now available through Recovery Road's private Facebook Group for loved ones and by attending combined online meetings together with the gambler and others who have been affected by someone with a gambling problem.