

Self-Help Support Groups: Other Alternative Support Groups

****Resource for the Gambler and Loved Ones**

- ❖ **Other Alternative Support Groups** - These groups are for gamblers or loved ones contacting the FCCG's HelpLine that are afflicted with other issues in addition to the gambling addiction, such as substance abuse, Parkinson's disease, Depression, Bi-Polar Disorder, compulsive shopping/spending, overeating, or are stricken with grief. Although they are not a traditional 12-step programs, they offer comfort, support, and a chance to share with others who are also affected by the same or similar serious mental/physical health issues. For some, this type of resource can be beneficial when used in conjunction with other problem gambling specific resources.

- ❖ **Examples of Other Support Groups:**

- ✓ **Alcoholics Anonymous and Al-Anon/Alateen**
- ✓ **Bi-Polar Support Group**
- ✓ **Co-Dependents Anonymous (CoDA)**
- ✓ **Compulsive Shopping Support Group**
- ✓ **Debtors Anonymous**
- ✓ **Depression and Bipolar Support Groups**
- ✓ **Eating Disorders Anonymous**
- ✓ **Families Anonymous (FA)**
- ✓ **GriefShare – Grief Support Groups**
- ✓ **LifeRing Secular Recovery**
- ✓ **NAMI Support Groups**
- ✓ **Narcotics Anonymous and Nar-Anon**
- ✓ **National Alliance for Eating Disorders – Support Groups**
- ✓ **Overeaters Anonymous**
- ✓ **Overspending Support Group**
- ✓ **Parkinson's Disease Support Groups**
- ✓ **Recovery Dharma Self-Help Groups**
- ✓ **Refuge Recovery Meetings**
- ✓ **Sex Addicts Anonymous**
- ✓ **Suncoast Center – Support Groups**