

Self-Help Support Groups: Recovery Road - Loved Ones

****Resource for Loved Ones ONLY**

- ❖ **Recovery Road** (<https://recoveryroadonline.com/>) 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 and loved ones through private Facebook Groups 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.

- ✓ Has your life been affected by someone with a gambling problem? Too often, family members, friends, and significant others suffer in silence, without the knowledge or understanding of the illness, often referred to as problem or compulsive gambling. Thankfully, help is available for loved ones as well. You are not alone. There are many that understand your situation, and there is hope. **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.