

## MISSION STATEMENT

The Council on Compulsive Gambling of New Jersey, Inc. (Council) is a private non-profit 501(c)3 organization composed of concerned individuals from diverse backgrounds. The group's primary purpose is to represent the best interest of compulsive gamblers and their families, recognizing that compulsive gambling is a treatable illness.

The Council focuses on educating the general public, training professionals throughout the state, referring compulsive gamblers and their families to treatment, and advocating for increased treatment services for compulsive gamblers and their families.

## How to Find Help for a Problem Gambler:

Call for help 24 hours per day,  
7 days per week –  
800-GAMBLER and speak  
with a gambling helpline staff member  
(All calls are confidential)



Text '800GAMBLER' to 53342



Visit [www.800gambler.org](http://www.800gambler.org) for information,  
resources, or live chat



Attend a Gamblers Anonymous (GA)  
or Gam-Anon meeting in your area;  
meeting locations, times, and dates can be  
found by calling 800-GAMBLER  
or by visiting our  
website at [www.800gambler.org](http://www.800gambler.org)

# Council on Compulsive Gambling of NJ, Inc.

SUPPORT. TREATMENT. HOPE.

## Similarities & Differences

### Disordered Gambling and Substance Abuse

## SIMILARITIES

- Excessive risk-taking without thought of the consequences
- Isolation
- Escaping emotional or physical pain
- Withdrawal from family or friends
- Tolerance increases over time so that more is needed in order to achieve the same high as the previous time
- Inability to stop or control the addictive behavior regardless of the consequences or previous outcomes
- Sense of morals or values becomes diminished or compromised
- Lying or hiding actions or behaviors in order to cover up the addiction
- Diminished concern for the law, rules, or consequences
- Dramatic mood swings
- Abnormal eating or sleeping
- Change in activity level
- Weight loss or weight gain
- Lack of interest or motivation in everyday activities
- Preoccupation
- Immediate gratification
- Hard time concentrating
- Chasing the euphoric feeling
- Ritualistic behavior
- Denial
- Neglecting responsibilities
- Biological dependency on brain's pleasure pathways
- Emotionally bankrupt

## DIFFERENCES

- Substance addictions are ingested but gambling can become an addiction to an activity
- Substance addiction is a drug seeking behavior but gambling addiction centers on chasing losses
- Substance addiction has visible physical clues but gambling can remain a hidden addiction
- Gambling addiction usually involves more severe financial problems than substance addiction
- One cannot take a drug test or give a urine sample for gambling addiction
- While overdose is possible for a substance addiction, gambling has no 'saturation point' and therefore the problem gambler can continue until the money runs out
- There is no physical hangover from gambling
- The addict in recovery from substance abuse can avoid certain triggers; however, the gambler in recovery cannot avoid using money, or technology, so relapse can constantly be a concern
- Gambling is connected to fantasy where money is seen as the agent for the high.
- "Bailout" or "Big Win" often seen as the solution to the problem
- Gamblers tend to have a higher suicide rate than that of other addictions
- Gambling problems are often overlooked by professionals until the later stages
- The gambling disease model can be harder to accept

## QUICK SCREEN

If you are a clinician treating someone with drug or alcohol abuse, there is a very simple, 2 question test called the Lie-Bet Screening Test that can be used to screen for gambling problems.

1. *Have you ever felt the need to bet more and more money?*
2. *Have you ever had to lie to people important to you about how much you gambled?*

If the individual answered 'Yes' to one or both of these questions, further assessment should be done for disordered gambling or call us at the number below so we can help!

# 800-GAMBLER

### Contact Us:

**Council on Compulsive Gambling NJ**  
**3635 Quakerbridge Rd., Suite 7**  
**Hamilton, NJ 08619**

**800-GAMBLER**

**Text '800GAMBLER' to 53342**

**Visit us on the Web: [www.800gambler.org](http://www.800gambler.org)**  
**SUPPORT. TREATMENT. HOPE.**