

## 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.**

**Gambling  
and Veterans**



## IDENTIFYING PROBLEM GAMBLING AMONG VETERANS:

- Starts as entertainment but can become a major way to relieve stress, boredom
- Can provide a sense of uncertainty, risk, and thrill
- Can be used as a coping mechanism for dealing with transitioning back to civilian life, PTSD, or other issues
- The individual may have shown signs of recreational gambling or other substance abuse related issues prior to or during the time of service
- The person may engage in or enjoy excessive risk-taking activities
- The individual struggles to control the amount of time, money, or thoughts about gambling

## WARNING SIGNS:

- Preoccupation
- Borrowing Money
- Selling personal items
- Irritability, Restlessness, Withdrawal
- Need for action and excitement
- Defensive attitude
- Competitive personality
- Alienation from family and friends
- Inability to cut back or stop gambling
- Lying to friends and family about gambling
- Risk-taking behaviors
- Thinking about or committing an illegal act to finance your gambling
- Suicidal thoughts



## RULES FOR RESPONSIBLE GAMBLING:

- Set a dollar limit and stick to it
- Set a time limit and stick to it
- Do not gamble on credit
- Slow down the pace of the action
- Do not “chase” money you have already lost
- Treat any monies that are gambled as the cost of entertainment and enjoy it
- Do not make the gambling the sole priority. Find other activities and create balance
- Be mindful of the warning signs for problem gambling

## 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)

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