

*All About The Council  
on Compulsive  
Gambling of  
New Jersey, Inc.*

The Council is a private, non-profit 501C organization that provides information, education and referral services for people affected by compulsive gambling. The Council actively works toward the acceptance of pathological (compulsive) gambling as a treatable illness. The Council owns and operates the 1-800-GAMBLER© HelpLine, which receives over 20,000 calls yearly, and the [www.800gambler.org](http://www.800gambler.org) website, which receives over 70,000 hits monthly.



**Is gambling causing a  
problem for you? Call  
1-800-GAMBLER© or visit  
[www.800gambler.org](http://www.800gambler.org).**

**IS GAMBLING  
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PROBLEM FOR YOU?**



**PROBLEM AND  
COMPULSIVE  
GAMBLING AMONG  
THE MILITARY**

**Council on Compulsive Gambling of  
New Jersey, Inc.**

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**1-800-GAMBLER©**

**[www.800gambler.org](http://www.800gambler.org)**

Approximately 5% of the population cannot gamble responsibly. Compulsive gamblers will get progressively worse if their addiction goes untreated.

### THE PHASES OF COMPULSIVE GAMBLING

The first phase, the winning phase, can last a few months to several years. The second phase is the losing phase. The compulsive gambler may attempt to stop and be unable to. They will lose their winnings, their savings, and try to win back their losses by gambling more frequently. They start to borrow to finance their gambling.

The compulsive gambler then enters the desperation phase. During this third phase, he or she increasingly borrows and gambles more frequently, sometimes even committing illegal acts to get money in an attempt to win back losses.

Isolation from family and friends occurs, as do suicidal thoughts because of the hopelessness that is felt. Without treatment, their lives and the lives of their loved ones will become more dysfunctional.

### Signs and Symptoms of a Compulsive Gambler

- Preoccupation with thoughts about gambling
- Asking for larger amounts of money or gambling more frequently
- Personality changes, such as irritability, restlessness and withdrawal
- Alienation from family and friends
- Inability to cut back or stop gambling
- Lying to friends and family about how much you gamble
- Borrowing to relieve a desperate financial situation caused by your gambling
- Thinking about or committing an illegal act to finance your gambling
- Suicidal thoughts

### COMBAT Gambling Addiction

*They are not afraid of taking risks. They are highly competitive. They are placed in stressful situations. They are young and generally more athletic than most. They are high energy and highly motivated.*

*Yes, they are America's military...but these characteristics are often shared by most individuals considered vulnerable to compulsive gambling.*

Thousands of New Jersey residents, including members of the military, veterans and their families suffer from a hidden illness. It affects people of all backgrounds regardless of age, gender, income, education or race. There are no physical symptoms and it can lead to financial devastation, family break-up, and even death.

The first step to getting help for a gambling problem is having the courage to admit there is one and to seek assistance. The Council on Compulsive Gambling of New Jersey, Inc. operates a toll-free HelpLine and we know that only the bravest of the brave reach out when times get tough.

For help for a gambling problem  
CALL 1-800-GAMBLER  
or visit our website  
[www.800gambler.org](http://www.800gambler.org)

for help 24 hours a day - 7 days a week

It's free! It's confidential!