

COMPULSIVE GAMBLING: AN OVERVIEW

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

THE PHASES

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 gain back their losses by gambling more frequently.

The compulsive gambler then enters the **desperation phase**. During this third stage, 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.

1-800-GAMBLER[®]

**If you or someone you know has a
gambling problem, please call**

Congratulations on your courageous decision to join the New Jersey Casino Self-Exclusion Program!



This is an excellent opportunity to address any problems you may be experiencing as a result of your gambling. The Council on Compulsive Gambling of New Jersey, Inc. can also refer you to programs to assist you in stopping gambling.

FREE HELP

Self exclusion is a tool designed to help people stop gambling by setting up legal restrictions on their entry into casinos. Self exclusion does not address an understanding of gambling or approaches towards stopping gambling. Studies have shown that counseling by a Certified Compulsive Gambling Counselor, combined with attendance at Gambler's Anonymous, is more successful at helping people to stop gambling than either one alone.

The Council on Compulsive Gambling of New Jersey administers a treatment program at minimum or no cost for compulsive gamblers and their significant others. Call 1-800-GAMBLER to be set up with a free gambling assessment and up to 21 therapy sessions that will help you abstain from gambling. As well, you will be provided with a listing of locations and addresses of Gambler's Anonymous meetings in your area. There are currently 56 weekly meetings in the State of New Jersey.

Signs and Symptoms of a Compulsive Gambler:

1. Do you often think about gambling even when you are not gambling?
2. Do you risk larger amounts of money or gamble longer than intended?
3. Do you have an inability to cut back or stop gambling?
4. Do you lie to friends and family about your gambling?
5. Have you borrowed to relieve a desperate financial situation caused by your gambling?
6. Have you ever thought about committing or have committed an illegal act to finance your gambling?
7. Have you ever had suicidal thoughts because of your gambling?

Family members and loved ones of a compulsive gambler can also get help for the emotional turmoil that is caused by the gambling problem in their lives.

For referral services and information **about how to stop gambling for you or someone you know**, call the Council's Helpline:

1-800-GAMBLER®



You can also visit our website at:

www.800gambler.org



Call or log on today!!
