

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 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

Council on Compulsive Gambling of NJ, Inc.

SUPPORT. TREATMENT. HOPE.

Gambling and Women



QUICK FACTS:

- Over 90% of women who gamble are “escape” gamblers
- 67% of women who seek help are between age 40 and 60 (NCPG - North America)
- The gap between male and female gamblers is narrowing (NCPG - North America)
- 1 in 5 women who are problem gamblers consider suicide (Wisconsin CCG)

WARNING SIGNS:

- Preoccupation
- Borrowing Money
- Selling personal items
- Irritability, Restlessness, Withdrawal
- Delay payment of bills
- Neglecting household duties
- Defensive attitude
- Competitive personality
- Alienation from family and friends
- Inability to cut back or stop gambling
- Lying to friends and family about gambling
- Extreme guilt or shame
- Disappear for extended periods of time
- Suicidal thoughts

WHY DO WOMEN GAMBLE?:

- Escape unhappy relationships
- Avoid family or personal demands
- Avoid conflict or abuse at home
- Escape financial or professional problems
- Numb pain or chronic health issues
- Avoid facing difficult situations or decisions
- Escape boredom or loneliness
- Escape lifestyle changes such as loss of spouse, divorce, or retirement
- For excitement
- A form of entertainment and socializing
- For the feeling of personal power and self-esteem

BARRIERS TO TREATMENT:

- Less accepted by society as having gambling issues
- Roles and Expectations
- Shame and Guilt
- Autonomy
- Fear of being judged by others
- Lack of information and resources



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
SUPPORT. TREATMENT. HOPE.