

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)

Send a text to 1-800-GAMBLER

Visit www.800gambler.org for information, resources, or live chat.

Visit www.njpca.org for a list of Federal Qualified Health Centers by county.

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
Public Health*

Overview

Persons experiencing gambling-related problems tend to have higher rates of poor to fair general health because they **often engage in alcohol, smoking and substance use while gambling**. They also experience anxiety and depression.

Substance Use Disorder and Gambling:

Substance use affects the body and mind of the user. It can cause...

- Abnormal vital signs (heart rate and blood pressure)
- Diseases such as Hepatitis B or C, or HIV from needle sharing
- Uninhibited sexual acts
- Frequent hangovers or blackouts
- More frequent illnesses

Depression and Gambling:

A depressed gambler's mood is impacted. He or she gets excited when they win and feel disappointed when they lose. Prolonged losing can cause depression leading to...

- Increased irritability
- Unwanted thoughts and frustrations
- Psychiatric disorders
- Suicide

Alcohol and Gambling:

Almost every system in the body can be negatively affected by excessive alcohol consumption. To name a few, alcohol can cause...

- Cirrhosis – liver disease
- Cancer
- Heart attacks
- Brain damage
- Diabetes

Alcoholism can also be linked to excessive risk taking, drunk or impaired driving, and domestic violence stemming from the excessive consumption.

Smoking and Gambling:

Smoking harms nearly every organ of the body. It causes...

- Cardiovascular disease (Stroke, hypertension, coronary heart disease)
- Respiratory disease (Lung disease, COPD, emphysema, chronic bronchitis)
- Cancer (Mouth, lung, trachea, esophageal, stomach, and more)
- Pregnancy risks



Public Health
Prevent. Promote. Protect.

Anxiety and Gambling:

Gambling can be an escape for people who are anxious; however, anxiety affects the body and it can cause...

- Stress (leading to heart disease, hypertension, and obesity)
- Heart palpitations
- Insomnia
- Irritability

Additional Gambling and Public Health Issues:

- Decrease in workforce productivity
- Increase in crime
- Increase in poverty

Problem gambling can affect more than your finances, emotional well-being, relationships, and career...

It affects your health!

Contact Us

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

Call or Text 1-800-GAMBLER

Visit us on the Web:
www.800gambler.org

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