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 text to “I-800-GAMBLER”

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
WHAT IS SELF-EXCLUSION?

- A program to allow people to block themselves from land-based or internet-based legalized casinos in NJ
- This is a helpful tool for those who feel their gambling is starting to become problematic
- Self-exclusion can be done online or in person around the state
- For more information, visit www.800Gambler.org
  www.nj.gov/oag/gambling
  or call 1-800-GAMBLER

TREATMENT OPTIONS:

CCGNJ is seeking to expand its Network of Treatment Providers for individuals with gambling problems and their family members or significant other.

Services include:

- Individual Counseling
- Family Counseling
- Group Counseling
- Distance Therapy

To access treatment services or to locate self-help resources in your area, call 800 GAMBLER, 24 hours per day, 7 days per week.

SUPPORT. TREATMENT. HOPE.

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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WHAT IS PROBLEM / DISORDERED GAMBLING?

Gambling and associated behaviors that continue despite harmful negative consequences often leading to psychological and family issues

WHAT ARE SOME OF THE WARNING SIGNS:

- Preoccupation with thoughts of gambling and “chasing” losses
- Lying about one’s gambling
- Has tried to stop but unable to do so
- Gambling to escape worry, boredom or trouble
- Restless or irritable when trying to stop

SELF-HELP GROUPS

- Gamblers Anonymous
- Gam-Anon
- SMART Recovery
- Peer to Peer Support Groups
- Online Support
- Mutual Aid