

## 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 problem & disordered gamblers and their families, recognizing that problem & disordered gambling is a treatable illness.

The Council focuses on educating the general public, training professionals throughout the state, referring problem & disordered gamblers and their families to treatment, and advocating for increased treatment services for problem & disordered 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 text to "1-800-GAMBLER"



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

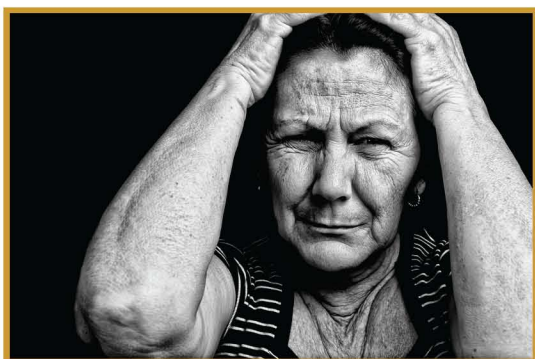


## Gambling and Seniors

## Council on Compulsive Gambling of NJ, Inc.

SUPPORT. TREATMENT. HOPE.





## QUICK FACTS:

- Most senior gamblers are “escape” gamblers
- 10% of senior gamblers are at risk to become problem gamblers.
- Over two-thirds of Atlantic City’s gamblers are 50 and above

## WARNING SIGNS:

- Preoccupation
- Borrowing Money
- Selling personal items
- Irritability, Restlessness, Withdrawal
- Delay payment of bills
- Loss of pension benefits
- Loss of Social Security benefits
- Neglecting household duties
- Decline in personal hygiene
- Decline in health
- Alienation from family and friends
- Inability to cut back or stop gambling
- Extreme guilt or shame
- Disappear for extended periods of time
- Suicidal thoughts

## WHY DO SENIORS GAMBLE?

- Recreation
- Spend time with friends
- Excitement

## HOWEVER, SOME ALSO GAMBLE TO.....

- Escape boredom or loneliness
- Help forget problems
- Escape lifestyle changes such as loss of spouse, divorce, or retirement
- Distract themselves from anxiety
- Numb pain or chronic health issues



## THE 3 PHASE PROGRESSION:

1. The Winning Phase – Gambling is fun, a temporary escape, and losses are considered ‘Bad Luck’
2. The Losing Phase – Borrows money to get even, lies escalate, and withdrawal increases
3. The Desperation Phase – Occurs when the senior gambler becomes obsessed with obtaining money to cover losses. Severe mood swings, arguments, failing health, and possible criminal activity. Suicide is contemplated.

Council on Compulsive Gambling of NJ  
**800-GAMBLER®**

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

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