

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**



Help is available.



The CT Council on Problem Gambling's FREE 24-hour confidential helpline and chat provide support, resources, and referrals to counseling.

Gambling Myths

Myth: You have to gamble every day to have a gambling problem.

Fact: A person impacted by problem gambling may gamble frequently or infrequently. If your gambling is affecting other areas of your life, you may have a gambling problem.

Myth: If I keep gambling, I'll win back the money that I've lost.

Fact: The odds are no more in your favor on the 10th bet than they were on the first bet. Over time, the more you risk, the more you'll lose.

Myth: Gambling isn't really a problem if the gambler can afford it.

Fact: Problem gambling isn't just a financial problem; it's also an emotional problem. It's about loss of control and isn't limited to how much you win or lose.

Warning Signs

1 Preoccupation with gambling, such as constantly planning how to get more gambling money



2 Needing to gamble with increasing amounts of money to get the same thrill



3 Feeling restless or irritable when you try to cut down on gambling



4 Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety or depression



5 Trying to get back lost money by gambling more (chasing losses)



6 Lying to family members or others to hide the extent of your gambling



7 Jeopardizing or losing important relationships, a job, or school/work opportunities due to gambling





The Connecticut Council on Problem Gambling (CCPG) does not advocate for or against gambling, but is committed to working with all stakeholders to help individuals and families impacted by problem gambling.

Voluntary Self-Exclusion

Voluntary self-exclusion can be a beneficial and empowering tool for those who want to stop gambling completely. Individuals can choose to exclude from online activity and/or any of the casino facilities in CT or other nearby states. Creating a barrier for a year or more allows people to focus on rebuilding a healthier life.

Scan the QR code to learn more:



BETTOR CHOICE TREATMENT NETWORK

Bettor Choice Programs are gambling-specific treatment programs funded by the State of Connecticut. Services are offered at more than 16 locations statewide. Programs offer a variety of outpatient services including: individual, group, peer recovery support, medication, and budget counseling for people with gambling problems and those affected. Services are provided at little to no cost.

Find the nearest Bettor Choice program by calling:
(888) 789-7777



Gamblers Anonymous

Gamblers Anonymous is a 12-step program for anyone with a desire to stop gambling. Members share their experience, strength and hope to help others in recovery. Meetings are held at various locations throughout Connecticut. For more information go to: <https://ccpg.link/GA>



Gam-Anon

Gam-Anon is a 12-step program for those who have been impacted by the gambling problem of another. For more information go to: <https://ccpg.link/ganon>



CTProblemGambling



ct_council_on_problem_gambling/



CTGamb



connecticut-council-on-problem-gambling