

*All About The Council on
Compulsive Gambling
of New Jersey, Inc.*

The Council is a private, non-profit 501C organization that provides information, education and referral services for people affected by compulsive gambling. The Council actively works toward the acceptance of pathological (compulsive) gambling as a treatable illness.

The Council owns and operates the 1-800-GAMBLER[®] HelpLine, which receives over 20,000 calls yearly, and the www.800gambler.org website, which receives over 70,000 hits monthly.



**Is gambling causing a
problem for you? Call
1-800-GAMBLER[®] or visit
www.800gambler.org.**

**IS GAMBLING CAUSING
A PROBLEM FOR YOU?**



**LEARN MORE ABOUT
COMPULSIVE
GAMBLING FROM
THE COUNCIL ON
COMPULSIVE
GAMBLING
OF NEW JERSEY, INC.**

**3635 Quakerbridge Road
Suite 7
Hamilton, NJ 08619
609-588-5515
1-800-GAMBLER[®]
www.800gambler.org**

Approximately 5% of the population cannot gamble responsibly. Compulsive gamblers will get progressively worse if their addiction goes untreated.

THE PHASES

The first phase, the winning phase, can last a few months to several years.

The second phase is the losing phase. The compulsive gambler may attempt to stop and be unable to. They will lose their winnings, their savings, and try to win back their losses (chasing) by gambling more frequently. They start to borrow to finance their gambling.

The compulsive gambler then enters the desperation phase. During this third stage, he or she increasingly borrows and gambles more frequently, sometimes even committing illegal acts to get money in an attempt to win back losses. Isolation from family and friends occurs, as do suicidal thoughts because of the hopelessness that is felt. Without treatment, their lives and the lives of their loved ones will become more dysfunctional.

Signs and Symptoms of a Compulsive Gambler:

- Preoccupation with thoughts about gambling
- Asking for larger amounts of money or gambling more frequently
- Personality changes, such as irritability, restlessness and withdrawal
- Alienation from family and friends
- Inability to cut back or stop gambling
- Lying to friends and family about how much you gamble
- Borrowing to relieve a desperate financial situation caused by your gambling
- Thinking about or committing an illegal act to finance your gambling
- Suicidal thoughts



THE STORIES

I began to go to Atlantic City for something to do. The excitement and casino atmosphere helped me to forget my loneliness and troubles. I took an \$80,000 line of credit on my retirement home for money to gamble with, lost the money and lost my home.

Ocean County Senior

I played them all - lotteries, numbers, tracks and illegal sports betting. I lost almost everything. My wife finally told me "if you continue, you're gone." I called 1-800-GAMBLER. Today, I'm clean and very grateful.

Union County Senior

After my husband died, I was lonely and depressed. The excitement of gambling helped to fill the void, and what was an innocent form of entertainment now had become an obsession. Within four years, I lost the \$400,000 it had taken us forty years to save.