

## **COMPULSIVE GAMBLING: AN OVERVIEW**

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 gain back their losses by gambling more frequently.

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.

**1-800-GAMBLER<sup>®</sup>**

**If you or someone you know has a  
gambling problem, please call**

## **Congratulations on your courageous decision to join the New Jersey Horse Racing Self- Exclusion Program!**



This is an excellent opportunity to address any problems you may be experiencing as a result of your gambling. The Council on Compulsive Gambling of New Jersey, Inc. can also refer you to programs to assist you in stopping gambling.

Many people enjoy the sport of horse racing; it is an activity that provides entertainment, social interaction and excitement. Some people are unable to place financial and time limits on their gambling activity; it gets out of control. These people are known as problem or compulsive gamblers, depending on the severity and consequences of their gambling. The New Jersey Horse Racing Self Exclusion Program provides a way for individuals to ban themselves from race tracks.

Self exclusion applies to racetracks, and off-track wagering facilities. An application for self exclusion is submitted by mail to the New Jersey Racing Commission with a photo ID. An in-person application can also be made at the Meadowlands Racetrack, Monmouth Park, Freehold Raceway or the New Jersey Racing Commission. As part of the application an individual acknowledges that he is a problem gambler, that during the period of self exclusion he is subject to immediate ejection if he enters a racetrack and that he cannot collect any winnings from wagering.

The self exclusion is for a minimum of one year. One remains on the self exclusion list indefinitely until one submits a Request for Removal from Voluntary List form. Self exclusion will not address problem gambling, it is a tool to help an individual stay away from the racetrack. In order to address the gambling issue you should call the Gambling Hotline at 1-800-GAMBLER. You will receive a referral to a Gamblers Anonymous meeting in your area and will be given the name and number of a Certified Compulsive Gambling Counselor who can provide treatment to you at little or no cost. Research suggests that professional treatment and Gamblers Anonymous together are more effective than either alone.

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## Signs and Symptoms of a Compulsive Gambler:

1. Do you often think about gambling even when you are not gambling?
2. Do you risk larger amounts of money or gamble longer than intended?
3. Do you have an inability to cut back or stop gambling?
4. Do you lie to friends and family about your gambling?
5. Have you borrowed to relieve a desperate financial situation caused by your gambling?
6. Have you ever thought about committing or have committed an illegal act to finance your gambling?
7. Have you ever had suicidal thoughts because of your gambling?

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Family members and loved ones of a compulsive gambler can also get help for the emotional turmoil that is caused by the gambling problem in their lives.

For referral services and information about how to stop gambling for you or someone you know, call the Council's Helpline:

1-800-GAMBLER®



You can also visit our website at:  
[www.800gambler.org](http://www.800gambler.org)



**Call or log on today!!**

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