

SELF- HELP FOR GAMBLING PROBLEMS

The biggest step to overcoming a gambling disorder is realizing that you have a problem. It takes tremendous strength and courage to own up to this, especially if you have lost a lot of money and strained or broken relationships along the way. Don't despair, and don't try to go it alone. Many others have been in your shoes and have been able to break the habit and rebuild their lives. You can, too.

LEARN TO RELIEVE UNPLEASANT FEELINGS IN HEALTHIER WAYS.

Do you gamble when you're lonely or bored? Or after a stressful day at work or following an argument with your spouse? Gambling may be a way to self-soothe unpleasant emotions, unwind, or socialize. But there are healthier and more effective ways of managing your moods and relieving boredom, such as exercising, spending time with friends who don't gamble, taking up new hobbies, or practicing relaxation techniques.

STRENGTHEN YOUR SUPPORT NETWORK. It's tough to battle any addiction without support, so reach out to friends and family. If your support network is limited, there are ways to make new friends without relying on visiting casinos or gambling online. Try reaching out to colleagues at work, joining a sports team or book club, enrolling in an education class, or volunteering for a good cause.

JOIN A PEER SUPPORT GROUP. Gamblers Anonymous, for example, is a Twelve-Step recovery program patterned after Alcoholics Anonymous. A key part of the program is finding a sponsor, a former gambler who has experience remaining free from addiction and can provide you invaluable guidance and support.

SEEK HELP FOR UNDERLYING MOOD DISORDERS. Depression, stress, substance use disorders, or anxiety can all trigger gambling problems and be made worse by compulsive gambling. Even when gambling is no longer a part of your life, these problems will still remain, so it's important to address them.

 **SouthSuburbanCouncil**

 **@ssca_thecouncil**



HELPFUL PHONE NUMBERS

South Suburban Council: 708.647.3333

Recovery Coach Hotline: 773.343.3510

Gambling Anonymous National Hotline:
(888) GA-HELPS (888-424-3577)

Gambling Assistance Hotline: (800) 522-4700

Gambler's Anonymous (Chicago) (855) 222-5542

Gambler's Anonymous (St. Louis) (314) 647-1111

Gambler's Anonymous (Indianapolis)
(317) 382-4950

Gambler's Anonymous (Wisconsin)
(414) 299-0901

Gam-Anon (Illinois Hotline) (708) 802-0105

Gam-Anon (Missouri Hotline Kansas City)
(816) 545-4368

1-800-GAMBLER or TEXT ILGAMB to 53342

METHODS OF PAYMENT

- Insurance
- Sliding Scale
- Government assisted payment
- Certified Medicaid Provider
- Cash, Check, Visa, Discover & MasterCard
- PayPal

CONTRIBUTIONS AND DONATIONS

The Council greatly appreciates and accepts monetary and other donations.

A list of needed items may be obtained by calling 708-647-3333.

Your contribution may be sent to:

THE COUNCIL Attn: Finance Department
1909 Cheker Square East Hazel Crest, IL 60429
or through our website www.sscouncil.org

GAMBLING DISORDER TREATMENT AND COMMUNITY OUTREACH



THE SOUTH SUBURBAN COUNCIL

ON ALCOHOLISM AND SUBSTANCE ABUSE

1909 Cheker Square
(174th & Dixie Highway)
East Hazel Crest, IL 60429

www.sscouncil.org

**HAVE A GAMBLING PROBLEM?
WE CAN HELP.**

708-647-3333

An accredited and licensed gambling disorder treatment facility with professional certified gambling counselors

Licensed and partially funded by
the Illinois Department of Human Services
Division of Substance Use Prevention and Recovery
Accredited by The Joint Commission

THE COUNCIL SERVICES FOR GAMBLING DISORDERS:

- Biosocial Gambling Screening (BBGS) Questionnaire
- Gambling Disorder Diagnostic Criteria (DSM-5)
- Diagnostic Assessment Criteria Supplement – Gambling Disorder
- Multidimensional Risk Assessment – Gambling Disorder
- Level of Care Determination Grid for Gambling Disorders
- Gambling Disorder Summary/RECS
- Recovery Coach – free guidance and therapy
- Professional Certified Gambling Counselors
- Community Outreach – would you like us to give a presentation? A FREE service for our Communities!

GAMBLING DISORDER TREATMENT:

Overcoming a gambling problem is never easy and seeking professional treatment doesn't mean that you're weak in some way or can't handle your problems. But it's important to remember that every gambler is unique so you need a recovery program tailored specifically to your needs and situation. Talk to us about different treatment options, including:

OUTPATIENT TREATMENTS Our state-licensed Outpatient Gambling Services are aimed at those who feel they can no longer control their gambling and who meet the criteria for a Gambling Disorder. For those seeking treatment for their Substance Use Disorder, our gambling treatment services can be provided alongside any level of SUD treatment, including residential SUD treatment.

TREATMENT FOR UNDERLYING CONDITIONS

contributing to your compulsive gambling, including substance use disorder or mental health problems such as depression, anxiety, OCD, or ADHD. This could include therapy, medication, and lifestyle changes. Problem gambling can sometimes be a symptom of bipolar disorder, so we may need to rule this out before making a diagnosis.

COGNITIVE-BEHAVIORAL THERAPY. CBT for gambling disorder focuses on changing unhealthy gambling behaviors and thoughts, such as rationalizations and false beliefs. It can also teach you how to fight gambling urges and solve financial, work, and relationship problems caused by problem gambling. Therapy can provide you with the tools for coping with your addiction that will last a lifetime.

FAMILY THERAPY AND MARRIAGE, CAREER, AND CREDIT COUNSELING.

These can help you work through the specific issues that have been created by your problem gambling and lay the foundation for repairing your relationships and finances.

COMMUNITY OUTREACH:

The need for community education is becoming increasingly important as funding for treatment services declines. Community education is an integral component of The Council's goal to meet the needs of those with a gambling problem. The more knowledge available about the dangers of gambling and of treatment services available, the healthier our community will be.

The goal of The Council's community education program is to equip all community members with knowledge necessary to make sound decisions regarding their gambling issues. Equating knowledge with power, we believe that this service is a powerful tool in dissuading people from misusing/abusing gambling and in assuring individuals that services are available for them. The Council works closely with local businesses, schools, agencies and community members to determine areas of concern. When needs are established, focused presentations are developed and delivered to raise community awareness.

Networking relationships are another key to success. Through newsletters and participation in community coalitions, The Council is able to stay abreast of available services that may be of use to our patients. All of this at no cost to our communities.

GAMBLING PROBLEM:

Gambling problems can happen to anyone from any walk of life. Your gambling goes from a fun, harmless diversion to an unhealthy obsession with serious consequences. Whether you bet on sports, scratch cards, roulette, poker, or slots—in a casino, at the track, or online—a gambling problem can strain your relationships, interfere with work, and lead to financial disaster. You may even do things you never thought you would, like running up huge debts or even stealing money to gamble.

Gambling addiction—also known as pathological gambling, compulsive gambling or gambling disorder—is an impulse-control disorder. If you're a compulsive gambler, you can't control the impulse to gamble, even when it has negative consequences for you or your loved ones. You'll gamble whether you're up or down, broke or flush, and you'll keep gambling regardless of the consequences—even when you know that the odds are against you or you can't afford to lose.

Of course, you can also have a gambling problem without being totally out of control. Problem gambling is any gambling behavior that disrupts your life. If you're preoccupied with gambling, spending more and more time and money

on it, chasing losses, or gambling despite serious consequences in your life, you have a gambling problem.

A gambling disorder or problem is often associated with other behavior or mood disorders. Many problem gamblers also suffer with substance use disorder issues, unmanaged ADHD, stress, depression, anxiety, or bipolar disorder. To overcome your gambling problems, you'll also need to address these and any other underlying causes as well.

Although it may feel like you're powerless to stop gambling, there are plenty of things you can do to overcome the problem, repair your relationships and finances, and finally regain control of your life.

GAMBLING DISORDER SIGNS AND SYMPTOMS:

Gambling addiction is sometimes referred to as a "hidden illness" because there are no obvious physical signs or symptoms like there are in drug or alcohol addiction. Problem gamblers also typically deny or minimize the problem—even to themselves. However, you may have a gambling problem if you:

FEEL THE NEED TO BE SECRETIVE ABOUT YOUR GAMBLING. You might gamble in secret or lie about how much you gamble, feeling others won't understand or that you will surprise them with a big win.

HAVE TROUBLE CONTROLLING YOUR GAMBLING. Once you start gambling, can you walk away? Or are you compelled to gamble until you've spent your last dollar, upping your bets in a bid to win lost money back?

GAMBLE EVEN WHEN YOU DON'T HAVE THE MONEY. You may gamble until you've spent your last dollar, and then move on to money you don't have—money to pay bills, credit cards, or things for your children. You may feel pushed to borrow, sell, or even steal things for gambling money.

HAVE FAMILY AND FRIENDS WORRIED ABOUT YOU. Denial keeps problem gambling going. If friends and family are worried, listen to them carefully. It's not a sign of weakness to ask for help. Many older gamblers are reluctant to reach out to their adult children if they've gambled away their inheritance, but it's never too late to make changes for the better.