

## 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 Council's primary purpose is to represent the best interest of disordered gamblers and their family members / significant others, recognizing that problem and disordered gambling is a treatable illness.

The Council focuses on educating the general public, training professionals throughout the State, and referring disordered gamblers and their family members / significant others to appropriate services. Additionally, the Council offers treatment resources for disordered gamblers and their family members / significant others.

## How to Find Help for a Problem Gambler:

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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 a text to 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).

## Council on Compulsive Gambling of NJ, Inc.

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Support. Treatment. Hope.

## Gambling Treatment and Resources





## What is Problem / Disordered Gambling?

Gambling and associated behaviors that continue despite harmful negative consequences often times leading to psychological, social and family issues

## What are some of the Warning Signs?

- Preoccupation with thoughts of gambling and “chasing” losses
- Lying about one’s gambling
- Has tried to stop but unable to do so
- Gambling to escape worry, boredom or trouble
- Restless or irritable when trying to stop

# 800-GAMBLER

## What is Self-Exclusion?

- A program to allow people to block themselves from land-based or internet based legalized casinos in NJ
- This is a helpful tool for those who feel their gambling is starting to become problematic.
- Self-exclusion can be done online or in person around the state.
- For more information, visit [www.800gambler.org](http://www.800gambler.org), [www.nj.gov/oag/ge](http://www.nj.gov/oag/ge) or call 1-800-GAMBLER

## Self-Help Groups:

- Gamblers Anonymous
- Gam-Anon
- SMART Recovery
- Peer to Peer Support Groups
- Online Support
- Mutual Aid



## Treatment Options:

CCGNJ is seeking to expand its Network of Treatment Providers for individuals with gambling problems and their family members or significant others. Services include:

- Individual Counseling
- Family Counseling
- Group Counseling
- Tele-psychotherapy

To access treatment services or to locate self-help resources in your area, call 800 GAMBLER, 24 hours per day, 7 days per week. SUPPORT. TREATMENT. HOPE.

## Contact Us

Council on Compulsive Gambling NJ  
3635 Quakerbridge Rd., Suite 7  
Hamilton, NJ 08619

Call or Text 800-GAMBLER

Visit us on the Web:  
[www.800gambler.org](http://www.800gambler.org)

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