

## 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 group's primary purpose is to represent the best interest of disordered gamblers and their families, recognizing that disordered gambling is a treatable illness.

The Council focuses on educating the general public, training professionals throughout the State of New Jersey, referring disordered gamblers and their families to treatment, and advocating for increased treatment services for disordered gamblers and their families.

## 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 1-800-GAMBLER

Visit [www.800gambler.org](http://www.800gambler.org) for information, resources, or live chat.

Attend a Gamblers Anonymous (GA) or GamAnon 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.

## Responsible Gambling



## CCGNJ Free Programs and Services:

### PUBLIC AWARENESS

- Educational Brochures
- General Information Requests
- Radio/TV/News Media Contacts
- Fairs / Conferences / Speaking Engagements

### PREVENTION

- High School, College and Young Adult Outreach Programs
- Community Programs

### INTERVENTION

- 800-Gambler® Helpline – free and confidential assistance (available 24/7)
- [www.800gambler.org](http://www.800gambler.org) website – Treatment/GA/Gam-Anon information
- Private and Public Outreach
- Courts, Correctional, and At-Risk Population Initiatives

# 800-GAMBLER

## Responsible Gambling Guidelines:

The points below are meant to keep gambling fun and viewed as a form of entertainment:

- Don't gamble to make money
- ONLY gamble with money you can afford to lose
- Set a money limit and stick to it
- Set a time limit and stick to it
- Do NOT chase your losses
- Do NOT gamble when you are lonely, depressed, tired or angry
- Do NOT gamble to avoid problems or pain
- Do NOT gamble while drinking excessively
- If you gamble, balance it with other activities such as enjoying time with friends, seeing a show, or stopping for a meal



## Disordered Gambling Warning Signs:

- Preoccupation
- Borrowing money
- Selling personal items
- Irritability, Restlessness, Withdrawal
- Need for action and excitement
- Defensive attitude
- Competitive personality
- Alienation from family and friends
- Inability to cut back or stop gambling
- Lying to friends and family about gambling
- Risk-taking behaviors
- Thinking about or committing an illegal act to finance your gambling
- Suicidal thoughts

## Contact Us

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

Call or Text 1-800-GAMBLER

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

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