



Problem Gambling & Gambling Addiction Resources

Self-Help Resources

Gambler's Anonymous

gamblersanonymous.org

- Fellowship of individuals who help each other work through the 12 Steps
- Help for recovering from gambling addiction

Gam-Anon

gam-anon.org

- Support group for family & friends of individuals struggling with problem gambling
- Members can share experiences, receive support, and learn coping strategies

GamTalk

gamtalk.org

- Online peer support forum for people who struggle with problem gambling

Bet Blocker

betblocker.org

- Free software to block gambling sites

Gamban

gamban.com

- App that blocks access to gambling sites and apps
- Fees apply but may be covered via treatment programs

Self-Exclusion Programs

- The Virginia Lottery has instituted an option to voluntarily exclude oneself from state casinos, sports betting platforms, account-based lottery, and other gambling activities
- Learn more or register at <https://www.valottery.com/playingmaters/voluntaryexclusionprogram>

Responsible Gambling Tools

- Tools that help you track or limit spending through deposit limits, wager limits, time outs, and educational materials.
- Most online gambling sites and apps offer these tools, including The Virginia Lottery, online licensed casinos, and sportsbooks

**HELP FOR
PROBLEM
GAMBLING**

CALL 1-800-GAMBLER
TEXT 800-GAM
CHAT 1800GAMBLERchat.org



**Blue Ridge
Behavioral
Healthcare**



Virginia Resources

Virginia Partnership for Gaming & Health

vpgh.vcu.edu

- Offers screening, support, treatment, and peer recovery services through treatment and recovery referral networks

Virginia Council on Problem Gambling

vcpg.net

- Non-profit dedicated to increasing public awareness of problem gambling and ensuring availability of treatment

Virginia Lottery's Play Responsibly Program

valottery.com/playingmatters/playresponsibly

- Provides information on responsible gambling practices and resources for those seeking help

Virginia Problem Gambling Helpline 1-888-532-3500

- Offers confidential support via call, text, or chat
- Available 24/7

Scan here for our resource page:



National Resources

24/7 Confidential Problem Gambling Helpline

1-800-GAMBLER

- Offers support, resources, and referrals for individuals struggling with gambling addiction
- Text option available at 800-GAM
- Chat option available at 1800GamblerChat.org

National Council on Problem Gambling

www.ncpgambling.org/

- Provides resources, education, awareness, and advocacy for problem gambling nationwide



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**Blue Ridge
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**Prevent Problem
Gambling.org**
Roanoke Valley