

Self-help Support Resources

Non 12-Step Gambling Recovery Supports

<https://gamblersinrecovery.com/> This website gives you access to all the world-wide Zoom meetings and are for gamblers and friends & families.

Problem Gambling Support group – meetings via Zoom at regular times, also has chat support. It is not GA but has been established to engage younger people. Meeting are everyday of the week with participants from US, Canada, England, Ireland, Poland, Turkey & Australia. Most participants are in their early 20's & 30's. Must email: jeffreypwasserma@gmail.com to get more information.

12-Step Gambling Recovery Groups (more GA meeting info at end of document)

Bettors Anonymous –online & in-person <http://www.bettors-anonymous.org/meeting.html>

Gamblers Anonymous – phone, online and in-person meetings <http://www.gamblersanonymous.org/ga/>

For up-to-date info go to: <http://newenglandga.com/> and <https://ctwmaga.org/meetings>

Scotland's newest Support Network for those affected by gambling harm:

<https://chatterscotland.org/>

Recovery Road (online only) – <https://recoveryroadonline.com/> has meetings for friends & family also.

Gam anon <https://www.gam-anon.org/> For friends & family

Facebook Groups:

Gamblers Anonymous Support Group – private – must ask to join:

https://www.facebook.com/groups/135948856594549/?multi_permaLinks=1491796141009807

Gambling Addiction and Recovery— private – must ask to join:

<https://www.facebook.com/groups/247988812578742>

12's – must ask to join:

<https://www.facebook.com/groups/180346142021008>

Podcasts

All In: The Addicted Gamblers Podcast <https://directory.libsyn.com/shows/view/id/addictedgamblerpodcast>

Long-form interviews surrounding gambling addiction with- Problem Gamblers, Scholars, Writers, Judges, PHD's, Clinicians, Advocates, and more.

After Gambling: <https://www.aftergambling.com/>

If you're ready to quit gambling and regain control of your life, then this is the addiction recovery podcast for you.

The Problem Gambling Podcast:

https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3luZm0vcy8yMDIxNzUzMC9wb2RjYXNOL3Jzcw?sa=X&ved=0CAIQ4aUDa_hcKEwi4ufGr1tPtAhUAAAAAHQAAAAAQ&hl=en

A podcast exploring issues surrounding problem gambling and gambling related harm. Presented by addiction counsellor, Barry Grant, and addiction counsellor, author and expert by lived experience, Tony O'Reilly.

3-2-1 NoKiddin Podcast: https://www.321nokiddin.com/podcast-episodes?r_done=1

Gain education about gambling disorder, various addictions and be exposed to different methods for recovery, abstinence, and a better way of living for both the addict and loved ones. The show is combination of interviews with both addicts and authorities on health and wellness.

Connections: Healthy Gaming & Gambling: <https://anchor.fm/connections-podcast>

Join co-hosts Tana Russell, Assistant Director of Evergreen Council on Problem Gambling, and Julie Hynes, Executive Director of Oregon Council on Problem Gambling, as they discuss gambling and gaming with internationally renowned subject matter experts.

Voices...the Podcast: <https://www.stitcher.com/show/voicesthe-podcast>

Brian Ward / Voices discuss Problem Gambling Recovery

The All Bets Are Off: <https://www.allbetsareoff.co.uk/>

This podcast was established in April 2020 as a gambling addiction recovery podcast. Our diverse portfolio of listening content covers a wide range of discussion points includes everything from recovery stories and signposting through to chats with industry specialists and a wanting for positive change and re-form.

Fall-In, The Problem Gambling Podcast for Military Service Members and Veterans:

<https://podcasts.apple.com/us/podcast/fall-in-problem-gambling-podcast-for-military-service/id1559737282>



Gambling Recovery Support Apps

GAT – 12 Step Gamblers Anon. – FREE – 4.8 rating out of 5

<https://apps.apple.com/us/app/12-steps-gamblers-anonymous-ga/id796268144>

Gambling Addiction Calendar – FREE – 5.0 out of 5

<https://apps.apple.com/us/app/gambling-addiction-calendar-join-no-gambling-movement/id1112385176>

BetBlocker – FREE -3.1 out of 5 - <https://betblocker.org/>

Gambling/Bet Blocker - \$5/month after the risk-free 3-day trial – 4.6 out of 5

https://play.google.com/store/apps/details?id=gambling.site.blocker.goodbye.gambling&hl=en_US

GamBan – Monthly Fee \$3.59/month – 3.8 out of 5 - <https://gamban.com/>

BFBrowser – Monthly Fee – 3.4 out of 5 <https://apps.apple.com/us/app/bf-browser/id1089193655>

More on Gamblers Anonymous and Gam anon

For up-to-date information on in-person, zoom and phone meetings go to these websites:

<http://newenglandga.com/>

<https://ctwmaqa.org/news>

http://www.trusteewebsite.com/committee_files/teleconfcall/conference_call_info_4-2020.pdf

New England Gamblers Anonymous Phone Numbers:

(888) 830-2271 – Hotline for all New England States

855-222-5542 – Hotline for CT/WMA

(718) 352-1671 – Gam-Anon for Family and Friends Support – call to find out about Zoom meetings.

(855) 222-5542 – Gambler's Anonymous International Hotline

SMART Recovery

This self-help group is not gambling specific but addresses all unhealthy behaviors and has online.

<https://www.smartrecovery.org/covid-19-smart-recovery-face-to-face-meetings/>