

Problem Gambling Resources

Michigan-Based Resources

- Michigan Problem Gambling Helpline has trained and experienced counselors available 24/7 to support you or your loved one in finding the help they need.
 - Dial 1-800-GAMBLER (426-2537) to talk to a counselor.
 - They can provide resources, conduct a screening assessment, and refer you or your loved one to treatment or support groups in your area.
- Gamblers Anonymous
 - GA is group of men and women that struggle with compulsive gambling and meet regularly to share their experiences, support each other and help others into treatment and recovery.
 - Battle Creek, MI (In-person)
 - Thursdays, 6:30pm EST
 - Alano Club, 1125 W. Territorial Road, Battle Creek, MI 49015
 - W. Bloomfield, MI (Virtual)
 - Wednesdays, 7:00pm EST
 - [Zoom Link](#)
 - Meeting ID: 676 356 9210
 - Access Code/Password: 774589
- Southwest Michigan Behavioral Health (SWMBH)
 - SWMBH partners with Community Mental Health agencies in 8 counties (Barry, Berrien, Branch, Cass, Calhoun, Kalamazoo, St. Joseph and Van Buren) to provide behavioral health services to those in need.
 - Please contact Lilly Smithson, Gambling Disorder Prevention Specialist, at lilly.smithson@swmbh.org or 269-488-6348 for more information.

National Resources on Gambling

- Addiction Help
 - Created by someone with lived experience, this website has an extensive list of information and resources about addiction, those in recovery and loved ones.
- Brain Connections: Understanding Addiction and the Brain
 - This website was created by Iris Balodis and Dierdre Querney to spread awareness and information on gambling.
- Change The Game - Ohio
 - Change The Game Ohio is a state-wide initiative created to prevent and reduce youth gambling. Their website has information on gambling and gambling-related harms for youth, parents, educators and prevention professionals.
- Gam Anon
 - This organization is a 12-step self-help international community that provides information on compulsive gambling and gambling disorder and virtual meetings for families, friends and individuals struggling with problem gambling.

- Gamban
 - Gamban provides services that block and restrict access to gambling websites and apps.
- Gamblers in Recovery
 - A support group network for all those affected by problem gambling, they hold a directory of virtual meetings around the world to reach those in need.
- Gamble Responsibly America
 - GRA is a free mobile app that offers education and advice about gambling and gambling-related risks. Tools include changing game play, understanding consequences, etc.
- Game Quitters
 - A website created by Cam Adair, who shares his story with gaming addiction and is now a leading expert on video game addiction.
- HelpGuide
 - HelpGuide is an independent, nonprofit organization that addresses all aspects of health for all audiences.
- International Gambling Counselor Certification Board
 - The IGCCB Counselor Directory allows you to locate a professional by Country, Region, or Credential that can help you or your loved one on their journey.
- Know the Odds: Cost of Gambling
 - This is a New York-based interactive game that allows you to see how much money is spent in a range of situations. The game shows how much of the money gambling could be spent on gas, bread, movie tickets, student loans and rent or mortgage.
- Level with Our Kids
 - Level with Our Kids is a creative, interactive website that works to increase awareness and understanding of the dangers of video games and their connection to gambling.
- Online Gamers Anonymous
 - OLG-Anon is a website that has forums, chat rooms, meetings and other anonymous resources for those struggling with compulsive and problem gambling.
- SMART Recovery
 - SMART Recovery provides worldwide support to people managing addiction and behavioral health challenges. Some tools include recovery meetings, partner and provider directory, handbooks and other resources.

Reading Materials

- [Adolescent Problem Gambling: A Guide for Parents](#) by Toula Kourgiantakis, Jane Sanders, Lisa Pont, Sandra McNeil and Lin Fang
- [Cam Adair's Video Game Addiction Story](#) by Cam Adair
- [The Dangers of Youth Gambling Addiction - Know the Odds](#) by New York Council on Problem Gambling
- [Games Without Frontiers? Socio-historical Perspective at the Gaming/Gambling Intersection](#) by Heather Wardle
- [How Gambling Affects the Brain and Who is Most Vulnerable to Addiction](#) by Emily Sohn (American Psychological Association)
- [How Gambling Affects Your Brain](#) by Gateway Foundation
- [Teen Gambling: Understanding a Growing Epidemic](#) by Jeffrey L. Derevensky

Informative Videos on Gambling

- [How Slot Machines Work – GameSense](#)
 - This YouTube video provides a vivid picture of how slot machines and gambling work while debunking common myths about gambling.
- [Gambling – Brain Connections](#)
 - This short, animated video explaining the phases of a gambling problem and how gambling changes the brain.
- [What you don't know about your kids' gaming – GambleAware NSW](#)
 - This clip breaks down how gambling is featured in many kids' games and how to reduce the harms of gambling
- [How Anticipation Primes the Brain for Problem Gambling – Carolyn Hawley](#)
 - Dr. Carolyn Hawley explores the dangers of problem gambling and explains the addictive nature of uncertainty. Hawley highlights the effects dopamine has on the gambler's brain and why gambling habits sometimes lead to problems

Podcast on Gambling

- [The Broke Girl Society](#) by Christine Cook
 - Christina Cook is a compulsive gambler in recovery and is working to bring awareness to problem gambling and break the stigma with addiction.
- [Double Down](#) by Henry Williams
 - A podcast hosted by Henry William, the executive director of Michigan Gaming Control Board, that discusses responsible gambling, gaming policies and legislation, current news and more.
- [Fold 'Em: Help for Gambling Problems](#) by Adrienne Cossom
 - Adrienne Cossom provides a realistic insight into the world of gambling and the harms of gambling.
- [The Problem Gambling Podcast](#) by Barry Grant & Tony O'Reilly
 - The hosts took a break in 2022, but there is a backlog of episodes of interviews with problem gambling advocates and individuals with lived experience.

Main Line: 800-676-0423

Customer Service: 800-890-3712

Compliance Hotline: 800-783-0914

Substance Use Treatment Access: 800-781-0353

Veteran Navigator: 269-488-6853

SWMBH Website



Financial Information

- [Financial Tips for Gamblers and How to Pay Off Gambling Debts](#)
 - This website answers common questions about how to understand gambling debts. It also breaks down different strategies for tackling a gambling disorder and the harms that come with it.
- [How To Recover From Gambling Loss](#)
 - From Responsible Gambling, this piece has advice on how to start understanding and acknowledging money loss from gambling.
- [Debtor Anonymous](#)
 - DA offers hope to those who have unsecured debt that cause problems and suffering.

Tips for Safe & Responsible Gambling

- The House always wins – the odds of the casino winning your money are greater than the odds of you winning the casino’s money. Casinos are designed to decrease your chances of winning.
- Gambling is not about strategy or skill. See [‘How Slot Machines Work’ by GameSense](#) for more information.
- Unlink all credit cards and payment methods from the gambling sites and apps.
- Change settings in phones to require a password to download and purchase apps.
- Set time and spending limits when gambling.
- Limit alcohol and substance intake while gambling as it can impair your thinking.
- Take frequent breaks – get some exercise and fresh air, eat something or complete a task.
- Only gamble with money you have budgeted out – never borrow money or use money that is set aside for necessities (rent or food).
- Practice self-exclusion. Self-exclusion allows a person to request to be excluded from legalized gambling in person or online in your state or area. Visit the Michigan Gaming Control Board website for [Self-Exclusion Forms](#) & more information.