

Does Someone You Care About Have A Gambling Problem? Next Steps...

STEP #1

Have The Conversation

- Urge your husband or wife to get help.
- Be assertive, but compassionate, so that they know you're serious.
- Avoid making threats.
- Focus on the issue at hand, not past behavior.
- Tell them you will no longer bail them out of their gambling debts.

STEP #2

Connect With Resources

- If someone you care about is being negatively affected by problem gambling, call The Connecticut Council on Problem Gambling's free helpline at 1-888-789-7777 or chat with us at www.ccp.org/chat
- Our helpline is available 24/7 to connect those experiencing gambling related harm to support, resources and referrals to counseling at little to no cost.

STEP #3

Consider Counseling

- Gambling problems can have many impacts on a relationship. Counseling can help you to navigate the issues and emotions to help through this challenging time.
- Don't blame yourself: Another person's problems with gambling is not your fault.

STEP #4

Protect Your Finances

- Do a financial audit.
- Freeze your/spouses' credit with the credit bureaus.
- Consult with a debt management organization.
- Make a budget.

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