

Resource Guide

Created by:

The Pod Collective

INGREDIENTS:

A helpful collection of podcasts, books, apps, online meetings, 12 step groups and other resources specific to gambling recovery.



PODCASTERS



MEDIA STARS



ADVOCATES



EXPERTS



PEERS/FRIENDS



The information provided in this resource guide book is intended for educational and informational purposes only and should not be considered a substitute for professional treatment and other support resources.

While efforts have been made to ensure the accuracy and reliability of the information presented, it may not work for every individual or situation.

This resource book was created in a collaborative effort by lived experience members of The POD Collective.

Additional sources: Google; The Colorado Problem Gambling Guidebook

If you or someone you know is having suicidal thoughts or intentions, it's essential to prioritize safety above all else. Please seek immediate help from a mental health professional, a crisis hotline, or emergency services (911.)

Talking Helps!

National Lifeline:



988lifeline.org

**You can Call 988 or Text
988 from your cell phone
24/7.**

Veterans Crisis Line:



veteranscrisisline.net

**You can Call 988 (Press 1)
or Text "TALK" to 838255
24/7 Help**

Recovery from problem gambling is possible with the right support, resources, and determination. It's essential for those struggling to reach out for help and to explore the available options to begin the journey toward recovery.

Here is a collective list of helpful resources from those who have overcome the struggles of gambling harm.



Links for State Resources:



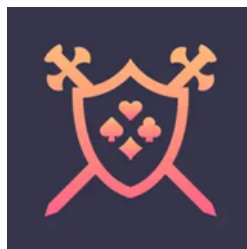
ncpgambling.com



Blocking software / apps for online gambling:



bet**blocker**



Bet-Breaker

(*Download in your device's APP store)

Self-help meetings for problem gambling:

Gamblers Anonymous (GA): Gamblers Anonymous is a fellowship of men and women who have come together to support each other in their recovery from gambling addiction. For more information visit: GamblersAnonymous.org

SMART Recovery: SMART Recovery is a science-based, self-empowerment approach to recovery from addictive behaviors, including gambling addiction. Meetings are available both in-person and online. For more information visit: SMARTRecovery.org

Celebrate Recovery: While primarily focused on addiction recovery from a Christian perspective, Celebrate Recovery welcomes individuals struggling with a wide range of issues, including gambling addiction. For more information visit: CelebrateRecovery.com

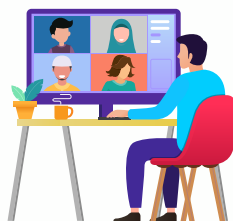
Recovery Dharma: is a peer-led, non-profit organization that offers a Buddhist-inspired approach to recovery from addiction. It integrates Buddhist teachings and mindfulness practices with the Twelve Steps of recovery. For more information visit: RecoveryDharma.org

Additional Online Meetings: Gamblersinrecovery.com

Online Meetings 24/7 All Over The World

RecoveryRoadOnline.com

Online Meetings Throughout The Day And Evening



Social Media sites like Reddit, Facebook, and YouTube are great options to connect through shared stories and explore recovery. Here are a few examples:



Reddit Problem Gambling Threads

<https://www.reddit.com/r/problemgambling/>

<https://www.reddit.com/r/GamblingAddiction/>



Facebook Problem Gambling Support Groups

[GA Support group \(Unofficial\)](#)

[Gambling Addiction & Recovery \(All Bets Are Off\)](#)

[The Broke Girl Society \(Women Specific\)](#)

[Recovery Road Online FB Support Group](#)

[Women Gamblers In Recovery \(Women Specific\)](#)

[Friends Helping Friends](#)



YouTube Problem Gambling Videos



ODAAT Gambling Awareness

The three core missions that this channel has set out to accomplish are: 1. Raising awareness about gambling and the harm that is being done to socie...

YouTube



The Bet Free Life w/ Brian & Christina

Long form show about gambling addiction, help for gambling addiction, recovery, and the impact of th...

YouTube

Phone Apps For Recovery

- **Gambless: Addiction Recovery**
- **Evive: Gambling Help**
- **I Am Sober: Recovery Community**
- **GA: 12 Step Tool Kit**
- **Recover Me**

(*Search your device's APP store)



Your Path to a Healthier Relationship with Gambling

EXCLUSIVE ACCESS CODE

POD24



Download on the
App Store



GET IT ON
Google Play

LEARN MORE AT getevive.app



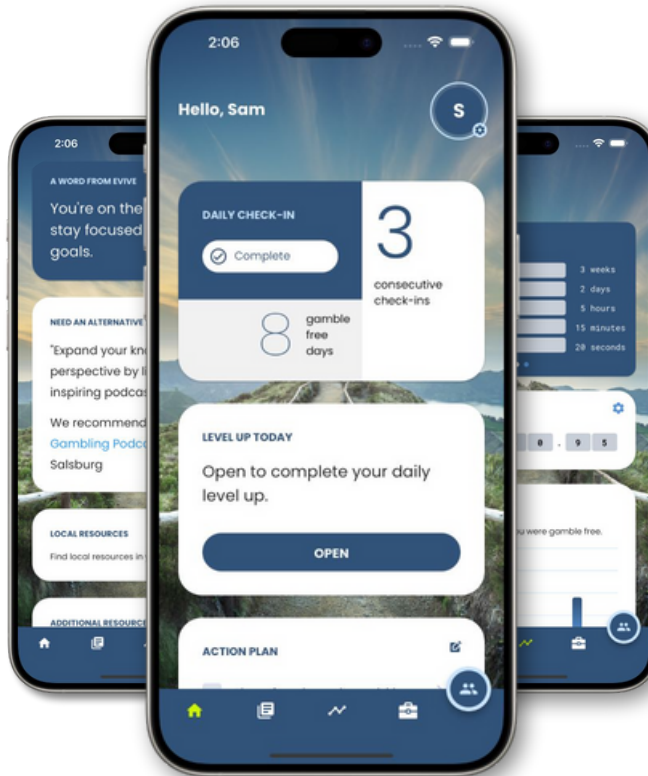
BETTER UNDERSTAND YOUR BEHAVIOR

Log and monitor gambling behavior to identify patterns for change.



CONNECT WITH A SUPPORTIVE COMMUNITY

Give and receive support anonymously from others with shared experience.



BUILD YOUR CUSTOM TOOLKIT

Personalized tools designed to help you define and achieve your goals.



ENHANCE YOUR KNOWLEDGE

Access a library of engaging resources to combat gambling harm.



STEP 1

Download the Evive App

Scan the QR code to download the app

STEP 2

Create Your Profile

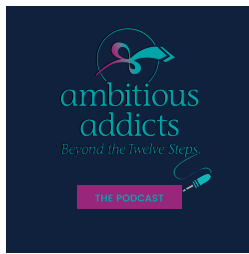
Answer a few questions to set up your account

STEP 3

Enter Access Code

Enter code **POD24** for 12 months of FREE access

Podcasts For Recovery



Find Podcast Here



Books For Recovery



All Bets Are OFF by Arnie and Shelia Wexler

Drop The Rock by Bill P, Todd W, Sara S

A Woman's Way Through The Twelve Steps
by Stephanie Covington

The Girl Gambler by Stacey Goodwin

Debt Resources

Gambling specific financial counseling

GamFin

Gamfin.org

12 Step Debt Program



DEBTORS
ANONYMOUS

Debtorsanonymous.org

Debt Consolidation



Consumercredit.com

Other Financial Resources

A debit card with custom blocking settings



TrueLinkFinancial.com

Prepaid card that works with most bank accounts and can set payee access and block cash and gambling transactions with tons of customizable option

ATM Self Exclusion



Everi.com

Ban yourself from using ATMs at many casinos The Everi STeP program allows you to exclude yourself from using ATMs at over 1000 gambling locations.

Bank Options: Most banks and credit card companies have programs to block online gambling.

Support Groups For Family and Friends

Support and resources are available not only for individuals struggling with problem gambling, but also for those who are affected by a loved one's problem with gambling. Here are some resources specifically tailored to affected others:

Gam-anon.org

RecoveryRoadOnline.com - Friends and Family

GamblersInRecovery.com - Friends and Family

SMARTRecovery.org - Friends and Family

