

Problem Gambling Resources
for Maine Individuals, Families, and Professionals

Maine Specific Services:

2-1-1 Maine serves as Maine's Problem Gambling Hotline. If you are concerned about your gambling or the gambling of a loved one, 2-1-1 Maine employs live specialists who are available 24/7 to provide callers with information about resources and services. To contact 211 Maine:

- Dial 211 (or 1-866-811-5695)
- Text your zip code to 898-211
- Visit www.211Maine.org

If someone is in crisis, dial Maine's Statewide Crisis Hotline at 1-888-568-1112

If someone is in immediate danger of hurting themselves or others, dial 9-1-1

Maine Gambling Addiction Treatment Network: Individuals who have gambling disorder and their family members often do not have the financial resources available to get help, and this network provides a funding of last resort to pay for those individuals or affected others who have no other means to pay for treatment. **Contact Maine 2-1-1** if you are seeking treatment for a gambling problem or if you are a loved one impacted by problem gambling (see above). (If you are a treatment provider interested in joining the treatment network, email lmanson@adcareme.org).

The **Maine Council on Problem Gambling (MCPG)** is volunteer-driven 501(c)3 non-profit committed to working with other organizations and individuals to reduce problem gambling and its impact on Maine's individuals, families, and communities. **MCPG** advocates for problem gambling awareness, prevention, intervention, treatment, and recovery in Maine.

- Visit the website at www.maineproblemgambling.org to access resources.
 - Follow on social media for frequent posts and updates:
 - Facebook: www.facebook.com/MaineCouncilProblemGambling
 - Twitter: @MEProbGambling
 - Contact via email: mcpq.info@gmail.com
-

Self-Exclusion: What is self-exclusion? It's action a person can take (filling out a form) to ban themselves from entering all casinos in Maine for a specific period of time. A person can choose to self-exclude for 1 year, 3 years, 5 years, or for lifetime. Does the idea of going to the casino to complete the self-exclusion process feel like a trigger? Not to worry

Problem Gambling Resources
for Maine Individuals, Families, and Professionals

– you can complete this process at multiple (non-casino) sites in Maine. To find a site near you, please visit <https://adcareme.org/self-exclusion-locations/>

Recovery Community Centers provide support, education and resources for people recovering from and affected by addiction. Each center offers a unique mix of peer support, recovery meetings, wellness activities, and more. See the list of Recovery Community Centers around Maine at https://portlandrecovery.org/maine-recovery-hub/#recovery_community_map

AdCare Educational Institute of Maine, through a contract with Maine **Center for Disease Control and Prevention**, oversees the spectrum of problem gambling services for the State of Maine including, awareness, prevention, intervention, treatment, and recovery. AdCare oversees the network of self-exclusion sites, the Gambling Addiction Treatment Network and provides training to the workforce.

- **Problem Gambling 101 training:** This free, one-hour training can be delivered to any group in Maine upon request (for example, parent groups, employers, treatment agencies, student groups, etc.). The content is personalized to the group's needs. Training can be delivered in person or as a webinar.
- Website: <https://adcareme.org/problem-gambling/>
- Facebook: <https://www.facebook.com/AdCareME/>
- Twitter: <https://twitter.com/AdCareME>

Reach Lori Manson, Problem Gambling Services Coordinator via email at lmanson@adcareme.org or call (207) 626-3615 ext. 20.

Maine Center for Disease Control and Prevention (CDC) maintains a clearinghouse of resources (brochures, posters, etc.) which can be ordered at no cost at: www.maine preventionstore.org

National Resources:

National Council on Problem Gambling has useful resources:

Visit their website at <https://www.ncpgambling.org/>

They staff a **24/7 National Helpline** with text and chat options:

- Call 1-800-522-4700

Problem Gambling Resources
for Maine Individuals, Families, and Professionals

- Chat: ncpgambling.org/chat
- Text: 1-800-522-4700

SMART Recovery offers support for anyone wanting to address any addiction or harmful habit. SMART offers support groups (in-person and online), online tools and forums, and emphasizes self-empowerment and self-reliance. SMART has a gambling-focused online forum. <https://www.smartrecovery.org/>

Visit the **Gamblers' Anonymous** site at <https://www.gamblersanonymous.org/ga/> for resources and to locate a meeting.

GA is currently offering nightly telephone meetings:

Day	Time EST	Call Number	Code	Email for questions
Sunday	9PM	712-770-5338	836083 #	Sunday9PMHelp@gmail.com
Monday	9PM	712-770-4925	554671 #	Monday9PMHelp@gmail.com
Tuesday	9PM	712-770-4943	253824 #	Tuesday9PMHelp@gmail.com
Wednesday	9PM	712-770-4160	611704 #	Wednesday9PMHelp@gmail.com
Thursday	9PM	712-770-4981	872853 #	Thursday9PMHelp@gmail.com
Friday	3PM	712-770-4979	703758 #	Friday3PMHelp@gmail.com
Friday	9PM	712-770-4996	595094 #	Friday9PMHelp@gmail.com
Saturday	9PM	712-770-5335	491301 #	Saturday9PMHelp@gmail.com

Gam-Anon is a resource for loved ones who are impacted by problem gambling. Learn more at <https://www.gam-anon.org/>

Gamtalk offers an online community forum, confidential chat and other resources. <https://www.gamtalk.org/>

In The Rooms is an online recovery community offering a large selection of support and resources, including some which are gambling-specific. <https://www.intherooms.com/home/>

Problem Gambling Resources
for Maine Individuals, Families, and Professionals

Downloadable workbooks with tools and resources.

Note: These workbooks were created by organizations outside of Maine. The content they contain are very useful. Keep in mind that certain resources, such as helplines listed may be specific to other jurisdictions. For Maine-specific help, see the organizations listed at the beginning of this document.

For people concerned with their gambling: **Your First Step to Change: Gambling** (download at <https://www.divisiononaddiction.org/wp-content/uploads/2018/02/YFSTC2ndEd.pdf>)

For treatment professionals: **Problem Gamblers and Their Finances: A Guide for Treatment Professionals** (download at https://www.ncpgambling.org/wp-content/uploads/2014/08/problem_gamblers_finances-a-guide-for-treatment-profs.pdf)

For loved ones: **Personal Financial Strategies for the Loved Ones of Problem Gamblers** (download at https://www.ncpgambling.org/wp-content/uploads/2014/08/loved_ones_guide_ncpg_booklet.pdf)

For families: **Problem Gambling Family Guide** (download at http://www.problemgamblinghelp.ca/assets/editor/family_guide_2015.pdf)

For anyone: **The Hidden Addiction** (download at https://knowtheodds.org/wp-content/uploads/2013/05/KTO_HiddenAddiction-1.pdf)

Gambling Screening Tools:

The **Brief Biosocial Gambling Screen** is a fast, evidence-based, 3-question gambling screening tool. [https://www.divisiononaddiction.org/wp-content/uploads/2018/01/PrintableBBGSQuestionnaire .pdf](https://www.divisiononaddiction.org/wp-content/uploads/2018/01/PrintableBBGSQuestionnaire.pdf)

The **DSM-5 Criteria for Gambling Disorder** contains the list of 9 criteria for Gambling Disorder. <https://www.ncpgambling.org/wp-content/uploads/2014/08/DSM-5-Diagnostic-Criteria-Gambling-Disorder.pdf>

View the **Gamblers' Anonymous 20 Questions** at <https://www.gamblersanonymous.org/ga/content/20-questions>

Other:

Problem Gambling Resources
for Maine Individuals, Families, and Professionals

Gamequitters is a resource with many videos, podcasts, questionnaires, and tools, for people who want to learn more about video game addiction. The lines between gaming and gambling have become very blurred. The tools and resources found on this site, such as the **Hobby Tool**, are also very useful for anyone concerned with problem gambling. Visit <https://gamequitters.com/>.

Gamesense is a Massachusetts-based organization with tons of resources, tips, tools and videos about gambling smarter and keeping gambling fun. <https://gamesensema.com/>

American Consumer Credit Counseling is a nonprofit credit counseling agency that helps consumers take control of their financial lives through credit counseling, debt consolidation, and financial education. Follow ACCC on social media for frequent blog posts, articles and helpful tips to help improve your financial well-being. <https://www.consumercredit.com/>