

## Problem Gambling Resources for Maine Individuals and Loved Ones

**211 Maine** serves as **Maine's Problem Gambling Helpline**. If you are concerned about your gambling or the gambling of a loved one, 211 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

**If someone is in crisis, call or text 988 or chat [988lifeline.org](https://988lifeline.org)**, a national suicide and behavioral health crisis hotline. Calls to 988 will be answered by trained crisis specialists at the Maine Crisis Line. Free, confidential, 24/7 support for anyone needing support.

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

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**Self-Exclusion from Casino and/or Sports Wagering in Maine:** What is self-exclusion? It's a program where an individual voluntarily agrees to refrain from gambling in casinos and/or sports wagering in Maine for 1 year, 3 years, 5 years, or lifetime.\* The person fills out a form and has a photo taken, which is shared with the casinos and/or sports wagering operators.

\*There are two lists in Maine. The Casino Self-Exclusion list and the Sports Wagering Unauthorized Exclusion list. You can sign up for one or both. To sign up for lifetime exclusion from the sports wagering list, you must first complete one of the shorter terms. For more details, email [problemgambling@adcareme.org](mailto:problemgambling@adcareme.org)

You can complete this process with staff at multiple (non-casino) sites in Maine. **You can also self-exclude with an online meeting in the comfort of your home.**

To find a community self-exclusion site near you **or to set up an online meeting**, please visit <https://adcareme.org/self-exclusion-locations/>

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**You may be eligible for no-cost counseling** through **Maine's Gambling Addiction Treatment Fund**. If you are seeking counseling for a gambling problem or if you are a loved one impacted by problem gambling, access a list of Maine counselors and social workers who have received problem gambling training and joined Maine's Gambling Addiction Treatment Network. **Most of the members of the network can provide counseling via telehealth, so their services are available statewide.** Individuals who have gambling problems and their family members often do not have the financial resources available to get counseling. This network provides funding to pay for those individuals or family members who can't afford to pay for counseling.

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To access the list of providers in the Problem Gambling Treatment Network, contact 211 Maine or email [problemgambling@adcareme.org](mailto:problemgambling@adcareme.org)

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### Meetings, Fellowship, and Support:

#### Gamblers Anonymous

Visit the **New England Intergroup of Gamblers Anonymous** at <http://newenglandga.com/> to find meetings or **call (888) 830-2271**. The hotline is answered 24 hours per day by New England GA members. It is helpful to call the hotline even if there isn't a live meeting in your area because the person in recovery can talk to you about other options.

You can also search the national **Gamblers Anonymous** site at <https://www.gamblersanonymous.org/ga/>. You won't find many in-person GA meetings in Maine, but you can participate in any virtual (Zoom or phone) meeting offered in any state.

**Gamblers, Family and Friends in Recovery** is a website to find virtual meetings and support 24/7/365. <https://gamblersinrecovery.com/> The huge selection can be overwhelming. We've been told the Florida Daily is a good one to look for because it is in our time-zone and happens each day.

**Gam-Anon** is a resource for loved ones who are impacted by problem gambling. There is a Gam-Anon meeting in York, Maine on Saturday mornings at 9 AM. There are also Zoom meetings. Learn more at <https://www.gam-anon.org/>

**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/>

**Recovery Dharma** is a peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. <https://recoverydharma.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/>

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**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/recovery-community-centers-in-maine/>

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### Gambling Site Blocking software:

**GamBan:** Block access to gambling websites and apps worldwide <https://gamban.com/>

**Betblocker:** Block online gambling sites. Free to use. <https://www.betblocker.org/>

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**Podcasts:** Find information and inspiration any time by listening to podcasts on your device. Podcasts are like radio shows that have been recorded for on-demand listening from your device such as a smartphone, tablet, or computer.

Here's a link to a YouTube video with 7 problem gambling podcast hosts talking about their story and their podcasts. [https://youtu.be/lutyu\\_7CMp4](https://youtu.be/lutyu_7CMp4)

Here's a partial list of podcasts:

- **All In: The Addicted Gambler's Podcast**
- **The Broke Girl Society**
- **After Gambling Podcast**
- **All Bets Are Off Podcast**
- **Fall In: the Problem Gambling Podcast for Military Service Members and Veterans**

### YouTube:

- **The Bet Free Life with Brian and Christina at**  
<https://www.youtube.com/@thebetfreelife>
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### Facebook groups:

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

[https://www.facebook.com/groups/135948856594549/?multi\\_permaLinks=1491796141009807](https://www.facebook.com/groups/135948856594549/?multi_permaLinks=1491796141009807)

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The Broke Girl Society - Gambling Recovery Support Group: private – must ask to join <https://www.facebook.com/groups/1520878581449100>

Gambling Addiction and Recovery— private – must ask to join:  
<https://www.facebook.com/groups/247988812578742>

12's – private - must ask to join : <https://www.facebook.com/groups/180346142021008>

Women in Recovery – private - must ask to join :  
<https://www.facebook.com/groups/1182930495779649/>

Recovery Road Recovery Road Online Family Group

<https://www.facebook.com/groups/317544429273231/>

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### Other:

**Military and Veterans:** Operation Responsible Gambling is an initiative of the National Council on Problem Gambling. The goal of Operation Responsible Gambling is to increase awareness of gambling problems among members of the entire military community – veterans, active-duty personnel, family members and concerned others. Visit: <https://operationresponsiblegambling.org/>

**Responsible Play:** A collaboration between NFL and the National Council on Problem Gambling, this website offers “Tips to Help You Keep Gambling Fun” and “Basic Facts About Gambling” as well as links and resources. Visit: <https://responsibleplay.org/>

**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/>

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## Problem Gambling Resources for Maine Individuals and Loved Ones

**Downloadable workbooks** with tools and resources.

***Has Gambling Become a Problem? Maine Toolkit for Assessing and Setting Personal Goals:*** Tools and Resources to Make Healthy Choices About Gambling: includes 2 pages of services and resources (download or order paper copies at <https://www.maine-preventionstore.com/collections/gambling/products/has-gambling-become-a-problem>)

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/2022/05/YFSTC3rdEd.pdf>)

***Freedom from Problem Gambling*** is a self-help workbook for people with gambling problems, developed by the UCLA Gambling Studies Program. It is a tool for assisting people who are motivated to stop gambling or to reduce the problems associated with gambling. <http://www.uclagamblingprogram.org/treatment/workbook.php>

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](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](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](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](https://knowtheodds.org/wp-content/uploads/2013/05/KTO_HiddenAddiction-1.pdf))

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### 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/2021/02/PrintableBBGSQuestionnaire.pdf>

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

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### Organizations:

The **Maine Council on Problem Gambling (MCPG)** is a 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 <https://maineproblemgambling.org/> to access resources.
- Follow on social media for frequent posts and updates:
  - Facebook: [www.facebook.com/MaineCouncilProblemGambling](http://www.facebook.com/MaineCouncilProblemGambling)
  - Twitter: @MEProbGambling
- Contact via email: [info@maineproblemgambling.org](mailto:info@maineproblemgambling.org)

**AdCare Maine Problem Gambling Services:** 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, provides online self-exclusion services, administers 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](mailto:lmanson@adcareme.org) or call (207) 626-3615 ext. 20.