



# Resource Guide

## Ingredients:

A helpful collection of podcasts, books, apps, self-help groups, and other resources specific to gambling recovery.

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*Special thanks* to **The Pod Collective**



*Podcasters*



*Media Stars*



*Advocates*



*Experts*



*Peers/Friends*

# CAUTION

**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 the programs staff at the Institute for Consumer Health, VT Department of Mental Health, and The Pod Collective.*

Images and text throughout this document contain embedded links for easy access to additional resources.



**Suicide is preventable and help is available.  
If you or someone you know is having suicidal thoughts or  
intentions, it's essential to reach out for support.**

## *Talking Helps!*

**988 Suicide & Crisis Lifeline:**  
**Call or text 988, or chat at [988lifeline.org](https://988lifeline.org)  
to reach trained crisis counselors 24/7.**

**Facing Suicide VT:**  
**To get help, give help, and join  
Vermont's suicide prevention efforts,  
visit [FacingSuicideVT.com](https://FacingSuicideVT.com).**

**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 list of helpful resources from those who have overcome the struggles of gambling-related harm.**



# Blocking software / apps for online gambling:



bet**blocker**



Bet-Breaker

Download in your device's APP store

# Self-Help Supports

**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.

**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.

**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.

**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.

## Additional Online Meetings:



**[Gamblersinrecovery.com](http://Gamblersinrecovery.com)**

Online Meetings 24/7 All Over The World

**[RecoveryRoadOnline.com](http://RecoveryRoadOnline.com)**

Online Meetings Throughout The Day And Evening

# Social Media Resources

**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 Community:**

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

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

**Facebook Problem Gambling Support Groups:**

Gamblers Anonymous 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



# Social Media Resources



## 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

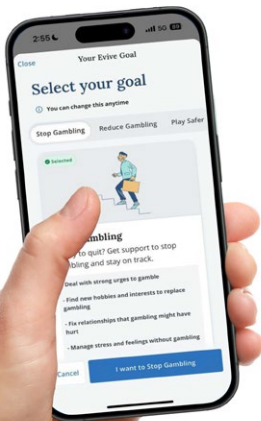


### The Bet Free Life w/ Brian & Christina

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

### Gamblers Anonymous: 12 Step Tool Kit

### Recover Me

Search in your device's APP store



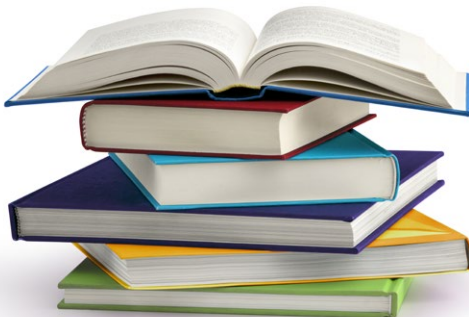
# Podcasts for Recovery



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

## Financial Counseling



## 12 Step Debt Program



## Debt Consolidation



## A debit card with custom blocking settings



Prepaid card that can block cash and gambling transactions.

# 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:**

**[Recovering-Couples.org](https://recovering-couples.org)**

**[Gam-anon.org](https://gam-anon.org)**

**[RecoveryRoadOnline.com](https://recoveryroadonline.com) - Friends and Family**

**[GamblersInRecovery.com](https://gamblersinrecovery.com) - Friends and Family**

**[SMARTRecovery.org](https://smartrecovery.org) - Friends and Family**



# Links for State Resources



**1-800-GAMBLER**  
**PROBLEM GAMBLING HELP**



Check out [VTGamblingHelp.org](https://VTGamblingHelp.org) for tips on safer play, guidance on signs of gambling-related harm, and information for affected others.