



Problem Gambling COALITION OF COLORADO

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Additional Resources

**National Problem Gambling Awareness Week
March 1-7, 2009**

24-Hour Confidential Helpline 1.800.522.4700

Tips for Playing Responsibly

- Play for entertainment-not as a way to make money.
- Use your entertainment budget to play games-not money needed for everyday expenses.
- Accept losses as the cost of entertainment. Once your budgeted money is spent, don't continue to play, trying to win it back.
- Be aware that the risk for irresponsible behavior increases in times of depression or when consuming alcohol.

Internet Links

National Problem Gambling Awareness Week
<http://www.npgaw.org>
<http://www.youtube.com/npgaw2009>

To see if you, or someone you know, has a problem with gambling:
http://www.problemgambling.com/11_06_51bir.html
<http://www.problemgambling.org/questions.cfm>
<http://ncpgambling.org/i4a/pages/index.cfm?pageid=3286>
http://www.helpguide.org/mental/gambling_addiction.htm

Organizations

Gamblers Anonymous International Service Office
P.O. Box 17173
Los Angeles, CA 90017
213-386-8789
www.gamblersanonymous.org

Colorado Intergroup of Gamblers Anonymous
(Message center and information on meeting times and locations) 1-888-GAHELPS
www.coloradoga.org

Gam-Anon International Service Office
(support group for the friends and families of problem gamblers)
P.O. Box 157
Whitestone, NY 11357
718-352-1671
www.gam-anon.org