



**Blue Ridge
Behavioral
Healthcare**

Hope Spoken Here

State & National Resources For Problem Gambling & Gaming

VA Partnership for Gaming & Health

- vpgh.vcu.edu
- Offers screening, support, treatment, and peer recovery services through treatment and recovery referral networks

VA Council on Problem Gambling

- vcpg.net
- Non-profit dedicated to increasing public awareness of problem gambling and ensuring availability of treatment

Virginia Problem 24/7 Gambling Helpline

- 1-888-532-3500
- Confidential support via call, text, or chat

24/7 Confidential Problem Gambling Helpline

- 1-800-MY-RESET
- Offers support, resources, and referrals
- Text option available at 800-GAM

National Council on Problem Gambling

- www.ncpgambling.org/
- Provides resources, awareness, and advocacy for problem gambling nationwide

Virginia Lottery's Play Responsibly Program

- valottery.com/playingmatters/playresponsibly
- Provides information on responsible gambling practices and resources



Visit brbh.org/gambling for more info.



Self-Help Resources For Problem Gambling & Gaming

Gambler's Anonymous

- gamblersanonymous.org
- Fellowship of individuals who help each other work the 12 Steps and recover from gambling addiction

Gam-Anon

- gam-anon.org
- Support group for family & friends of individuals struggling with problem gambling
- Members can share experiences, receive support, and learn coping strategies

GamTalk

- gamtalk.org
- Online peer support forum for people who struggle with problem gambling

Bet Blocker

- betblocker.org
- Free software to block gambling sites

Gamban

- gamban.com
- App that blocks access to gambling sites
- Fees apply; may be covered via treatment programs

Self-Exclusion Programs

- VA residents can voluntarily exclude themselves from state casinos, sports betting platforms, account-based lottery, and other gambling activities
- Learn more or register at <https://www.valottery.com/playingmatters/voluntaryexclusionprogram>

Responsible Gambling Tools

- Tools that help you track or limit spending through deposit limits, wager limits, time outs, and educational materials
- Most online gambling sites and apps offer these tools



Visit brbh.org/gambling for more info.