



PROBLEM GAMBLING

NORTHEAST

RESOURCE CENTER

— 1(833) HERE-TO-HELP —

AVOIDING GAMBLING HARM DURING THE HOLIDAYS

The holidays can be a joyous festive season, but they can also be stressful and especially challenging for those impacted by gambling harm and addiction. Opportunities to gamble seem endless with access right at our fingertips.

For individuals and families coping with the negative impacts of gambling, the holiday season can be a lonely or stressful time, filled with potential triggers, as folks play card games around the kitchen table, place friendly bets on sporting events, or even gift scratch off tickets as a stocking stuffer. While these activities may be harmless entertainment for some, others may find themselves triggered and experiencing the urge to gamble, potentially impacting their recovery journey.

The holiday season also brings financial pressures that may have folks feeling overwhelmed by thoughts of buying loved ones gifts when budgets may be tight and resources precious, especially for folks recovering from gambling harms.

Here are a few tips to help you and your loved ones avoid holiday gambling triggers to help support your recovery during this holiday season:

SET BOUNDARIES

Request that family and friends refrain from gambling when playing games together this holiday season.

MAKE A PLAN

Make a plan for navigating uncomfortable situations and potential triggers during the holiday or while attending holiday events.

LEAN ON RESOURCES

Connect with your sponsor, jump on a meeting, talk with a loved one, listen to a podcast, or schedule a session with your therapist as regularly as needed to support your recovery.

GIFTS

Make sure your loved ones know not to give you gifts in the form of cash, scratch-off tickets, or other forms of gambling activities.

BUDGETING

Create a budget for the holidays and make sure you don't have access to a surplus of funds.

VOLUNTARY SELF-EXCLUSION

Voluntary Self-Exclusion (VSE) helps individuals experiencing problems related to casino gambling and sports betting. Through VSE, you can voluntarily exclude yourself from either or both activities for a predetermined amount of time.

As you prepare for this holiday season, remember your local Northeast Problem Gambling Resource Centers (PGRC) are here to help you and your loved ones!

To get connected to resources and support call our region directly at (518) 898-0210 or our Statwide Helpline at (833) Here-to-Help, and visit [NYProblemGamblingHELP.org](https://www.nyproblemgamblinghelp.org).

Wondering if it's time to reach out for support?

For personalized feedback & info scan the QR code or visit [NYProblemGamblingHELP.org/e-screener](https://www.nyproblemgamblinghelp.org/e-screener)



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