



### Gambling Assistance

- **Airman and Family Readiness Center:** Airman and Family Readiness Center: Financial counselors
- **Clinical counselors:** Counseling services at your installation Mental Health clinic
- **Gamblers Anonymous.org:** A fellowship of men and women who have a gambling problem
  - › Locate a meeting near you: <http://www.gamblersanonymous.org/ga/locations>
  - › Hotlines by state: <http://www.gamblersanonymous.org/ga/hotlines>
- **Gam-Anon.org:** Information and support for those who have been affected by the gambling problem of another person  
<https://www.gam-anon.org/>
- **HelpGuide.org:** Gambling information and resources  
<https://www.helpguide.org/articles/addictions/gambling-addiction-and-problem-gambling.htm#understanding>
- **Military Crisis Line**
  - › Call: 1-800-273-8255, Press 1
  - › Chat: <https://www.veteranscrisisline.net/MilitaryChatTermsOfService>.
  - › Text: Text message to 838255
- **Military OneSource:** Non-medical counseling and online support
  - › Call: 1-800-342-9647
  - › Chat: <https://livechat.militaryonesourceconnect.org/chat/>
  - › Online information: <http://www.militaryonesource.mil/web/mos/confidential-help>
- **National Council on Problem Gambling:** 24 hour confidential national helpline and information
  - › Call or text: 1-800-522-4700
  - › Chat: <https://www.ncpgambling.org/help-treatment/chat/>
  - › Online information: <https://www.ncpgambling.org>
- **TRICARE Mental Health Care**
  - › Programs and resources: <https://tricare.mil/CoveredServices/Mental/Programs>
  - › Crisis hotlines: <https://tricare.mil/CoveredServices/Mental/CrisisLines>

