

Problem Gambling Resources

1. National Problem Gambling Helpline:
 - a. Phone: 1-800-522-4700
 - b. Available 24/7 for confidential help.
2. Washington State Problem Gambling Helpline:
 - a. Phone: 1-800-547-6133
 - b. Offers confidential help 24/7.
3. Evergreen Council on Problem Gambling (ECPG):
 - a. Website: [Evergreen Council on Problem Gambling](#)
 - b. Provides information, support, and treatment resources for problem gambling in Washington State.
 - c. Offers training, education, and prevention services.
4. Gambler Anonymous:
 - a. Website: [Gamblers Anonymous](#)
 - b. Offers support group meetings and a 12-step recovery program.
5. National Council on Problem Gambling (NCPG):
 - a. Website: [NCPG](#)
 - b. Provides resources including a helpline, chat, and text services for immediate assistance.
6. Gam-Anon:
 - a. Website: [Gam-Anon](#)
 - b. A support group for friends and family of problem gamblers.
7. Apps and Software:
 - a. Gamban: A software that blocks access to gambling sites and apps.
 - b. BetBlocker: A free tool that allows users to restrict their devices from accessing gambling content.