



# Help for Gambling Problems

IN THE PRIVACY OF  
YOUR OWN HOME

[Learn more](#)

**SMART** IOP

ONLINE GAMBLING  
RECOVERY PROGRAM

(<https://smartiopforgambling.com/>)

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## OREGON

## PROBLEM GAMBLING RESOURCES IN OREGON

If gambling is causing a problem in your life we encourage you to ask questions, gather information and conduct research on the type of help that is most appropriate for your situation. This information is intended to be a starting point—it is not a complete list of information or services.

**FIND HELP IN YOUR STATE NOW**, including counseling, treatment, self-help and support groups:

## NATIONAL PROBLEM GAMBLING HELPLINE

Call: 1-800-522-4700

Text: 1-800-522-4700

Chat: [ncpgambling.org/chat](http://www.ncpgambling.org/chat) (<http://www.ncpgambling.org/chat>)

and

## OREGON COUNCIL ON PROBLEM GAMBLING

4048 NE 122nd St Ave 30735

Portland, OR 97230

Tel: 971-361-9333

Email: [contact@oregoncpg.org](mailto:contact@oregoncpg.org) (<mailto:tommoore@oregoncpg.org>)

Website: [www.oregoncpg.com](http://www.oregoncpg.com) (<http://www.oregoncpg.com>)

Helpline: 1-877-MY-LIMIT (877-695-4648)

## OTHER STATE RESOURCES

- For the **fact sheet** on gambling and problem gambling in Oregon, click here ([https://158bvz3v7mohkq9oid5904e0-wpengine.netdna-ssl.com/wp-content/uploads/2018/03/2016-Survey-of-PGS-in-US\\_FULL-REPORT-FINAL-12-19-2017-1.pdf#page=119](https://158bvz3v7mohkq9oid5904e0-wpengine.netdna-ssl.com/wp-content/uploads/2018/03/2016-Survey-of-PGS-in-US_FULL-REPORT-FINAL-12-19-2017-1.pdf#page=119)).

## SELF HELP RESOURCES

- **Gamblers Anonymous** ([www.gamblersanonymous.org](http://www.gamblersanonymous.org) (<http://www.gamblersanonymous.org>))

Is fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

- **Gam-Anon** ([www.gam-anon.org](http://www.gam-anon.org) (<http://www.gam-anon.org>))

Is a self-help organization for the spouse, family or close friends of compulsive gamblers.

- **GamTalk** ([www.gamtalk.org](http://www.gamtalk.org) (<http://www.gamtalk.org>))

Is a 24/7 moderated online peer support forum.

## SCREENING TOOLS

Please visit our Screening Tools page (<http://www.ncpgambling.org/help-treatment/screening-tools/>) to access three problem gambling assessment tools. It is important to note that these screens are not a diagnosis and DO NOT replace a face-to-face evaluation with a trained clinical professional.

- **The Brief Biosocial Gambling Screen (BBGS).** A 3-item survey designed to help people decide on their own whether to seek a formal evaluation of their gambling behavior.
- **DSM-5 Addictive Gambling Criteria.** The American Psychiatric Association guidelines used for the medical diagnosis of addictive gambling.
- **NORC Diagnostic Screen for Gambling Problems.** This simple self test will help you to evaluate your gambling behavior. Just answer 10 questions adapted from the DSM IV criteria.

## OTHER TREATMENT RESOURCES

- Certified Gambling Counselor Directory (<http://www.ncpgambling.org/help-treatment/counselor-directory-agreement/>)
- Treatment Facility List (<http://www.ncpgambling.org/help-treatment/treatment-facilities/>)

# ADDITIONAL RESOURCES

In addition to the resources listed above, there are many additional resources for problem gamblers throughout the National Council on Problem Gambling site.

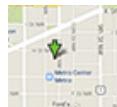
- Resources (<http://www.ncpgambling.org/programs-resources/resources/>) page pulls together information and links about our State Affiliates, U.S. and international resources, awareness promotion, state problem gambling services, financial issues, and much more.
- Celebrate & Inspire (<https://www.ncpgambling.org/programs-resources/resources/real-stories-of-recovery-awareness/>) – In order to get beyond the statistics and provide a more personal and individual picture of this issue, this section features the stories of individuals who have been affected by problem gambling, including problem gamblers and their family members, friends, colleagues and employers; treatment providers; advocates; and any others.

## STAY CONNECTED

A confirmation email will be sent upon submission

**DONATE TODAY ([HTTPS://NCPGAMBLING.SITE-YM.COM/DONATIONS/DONATE.ASP?ID=17714](https://NCPGAMBLING.SITE-YM.COM/DONATIONS/DONATE.ASP?ID=17714))**

## BECOME A MEMBER (</PROGRAMS-RESOURCES/MEMBERSHIP/>)



P: 202-547-9204

(<https://www.ncpgambling.org/contact-us/>) 730 11th St, NW, Ste 601  
Washington, DC 20001  
[ncpg@ncpgambling.org](mailto:ncpg@ncpgambling.org) (<mailto:ncpg@ncpgambling.org>);

## PROGRAMS & RESOURCES

Advocacy (<Https://Www.Ncpgambling.Org/Programs-Resources/Advocacy/>)

Programs (<Https://Www.Ncpgambling.Org/Programs-Resources/Programs/>)

Gift Responsibly Campaign (December) ([Https://Www.Ncpgambling.Org/Programs-Resources/Programs/Gift-Responsibly-Campaign-2021\\_archive/](Https://Www.Ncpgambling.Org/Programs-Resources/Programs/Gift-Responsibly-Campaign-2021_archive/))

2021 National Conference (<Https://Www.Ncpgambling.Org/National-Conference/2021-2-2/>)

Webinar Series (<Https://Www.Ncpgambling.Org/Programs-Resources/Ncpg-Webinar-Series-4/>)

NGAGE National Gambling Attitudes & Gambling Experiences Survey 1.0 (<Https://Www.Ncpgambling.Org/Ngage-National-Gambling-Attitudes-Gambling-Experiences-Survey-1-0/>)

Problem Gambling Awareness Month (March) (<Https://Www.Ncpgambling.Org/Programs-Resources/Programs/Pgam/>)

National Awards (<Https://Www.Ncpgambling.Org/National-Conference/Awards/>)

Awards History ([Https://Www.Ncpgambling.Org/?Page\\_id=1445](Https://Www.Ncpgambling.Org/?Page_id=1445))

Responsible Gambling (<Https://Www.Ncpgambling.Org/Programs-Resources/Responsible-Gaming/>)

Sports Betting (<Https://Www.Ncpgambling.Org/Programs-Resources/Safer-Sports-Betting/>)