

## Recovery and Peer Support

A peer support specialist is a person with “lived experience” who has been trained to support those who struggle with problems with gambling. Their personal experience provides peer support specialists with expertise that professional training cannot replicate.

Peers are positive role models and offer hope to others, demonstrating by their own life that recovery is possible.

### This support can include:

- Helping a person form a plan of action
- Directing that person to the right resources
- Helping them navigate the recovery system
- Providing accountability and support
- Offering guidance in developing new behavior patterns
- Helping them view their progress objectively
- Assisting in harm reduction for addictive behaviors

Peer and recovery support specialists help people with the gritty, day-to-day process of overcoming addiction. Recovery coaches are the “boots on the ground” within a support team.

## Resources for Adults & Adolescents

### NC Problem Gambling Program (NCPGP)

- 24/7/365 Toll-free Helpline
- Call: 877-718-5543
- Text: “morethanagamenc.com” to 53342
- Visit: [morethanagame.nc.gov](http://morethanagame.nc.gov)

### Hope4NC

- 24/7/365 NC Toll-free Helpline
- Call: 855-587-3463 | Text: “Hope4NC”

### National Suicide Prevention

- 24/7/365 NC Toll-free Helpline
- Call 800-273-8255

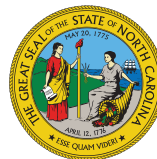
### Grants Available

Mini grants – up to \$5000 – available from the NCPGP for organizations that work with adolescents and young adults interested in presenting Stacked Deck, an evidence-based curriculum for problem gambling prevention among teens and young adults.

If gambling is  
**MORE THAN  
A GAME...**



[morethanagame.nc.gov](http://morethanagame.nc.gov)



### NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Division of Mental Health, Developmental  
Disabilities and Substance Abuse Services  
NC Problem Gambling Program

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Free problem gambling  
help is available.



Not everybody does, but anybody can experience problems related to gambling.

It's not just about money, or a lack of control. Gambling can become addictive just like substances and can impact every aspect of a person's life.

If gambling has become more than a game, free resources are available through the North Carolina Problem Gambling Program (NCPGP).



**Call** 877-718-5543.

**Text** the phrase morethanagamenc to 53342.

**Visit** [morethanagame.nc.gov](http://morethanagame.nc.gov).

Don't leave things  
to chance.

Recovery is possible.

## Recovery is Possible and Treatment Works

No one chooses to have a problem with gambling, but for those who struggle there is another choice - recovery. Everyone's recovery journey is different and there are several options for help and support available in North Carolina. Call 877-713-5543 to learn about recovery coaching, peer support and clinical treatment options.

## What happens when someone calls the problem gambling helpline?

When you call, a counselor who has experience and knowledge about problem gambling will listen, answer questions, and provide information. The helpline and support are not only for those who are experiencing problems related to gambling, but for their loved ones, friends, and family.

Once you are connected with a counselor, they may ask questions to learn more about your situation to help guide you to resources that will best meet your needs. These can

include treatment from a licensed clinician or access to recovery support such as a peer support specialist. Everything discussed is confidential, and the call and treatment and recovery options are free.

If you speak a language other than English or Spanish, a confidential language line is available and can translate calls in 200 languages. If you are deaf or hard of hearing TTY services are available through the helpline.

## Treatment

The helpline counselors can connect both adolescents and adults to a trained and licensed professional clinician in your community. NCPGP has over 80 experienced providers throughout the state available for face-to-face and remote counseling services. Up to 12 sessions of confidential no-cost treatment are available for those experiencing a problem with gambling and affected others.



We're here to help you  
take the first step.