

# DO YOU HAVE A GAMBLING PROBLEM?

Compulsive gamblers usually answer “yes” to at least seven of these questions.

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After a loss, did you feel you must return as soon as possible and win back your losses?
8. After a win, did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar is gone?
10. Did you ever borrow to finance gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use “gambling money” for normal expenditures?
13. Did gambling make you careless of the welfare of you or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

- Gamblers Anonymous



**Help is Available...**



**For more information, contact the:**

**Council on Compulsive Gambling of New Jersey, Inc.**  
3635 Quakerbridge Road, Suite 7  
Hamilton, New Jersey 08619

**Helpline: 1-800-GAMBLER**  
**24 hours a day/7 days a week**

Website: [www.800gambler.org](http://www.800gambler.org)  
Email: [ccgnj@800gambler.org](mailto:ccgnj@800gambler.org)  
Office: 609-588-5515

“Compulsive gambling is both diagnosable and treatable. The Council on Compulsive Gambling of New Jersey is committed to providing the personnel and resources required to advise persons that while gambling is “fun” for most, it can be devastating for others.”

-Council on Compulsive Gambling



State of New Jersey

**Self-Exclusion Program for**

**ATLANTIC CITY CASINO FACILITIES Including INTERNET GAMING ACTIVITIES**

Or

**INTERNET GAMING ONLY**



## WHAT ARE THE TERMS FOR SELF-EXCLUSION?

There are four options for the New Jersey Self-Exclusion Program from Atlantic City casino facilities which includes Internet gaming activities or for Internet gaming.

### **OPTION 1**—In Person

Self-exclusion from all casino gaming activities located in Atlantic City casino AND from all online gambling sites. Minimum self-exclusion periods are one year, five years or lifetime.

### **OPTION 2**—In Person

Self-exclusion from all Internet gaming activities. Minimum self-exclusion periods are one year, five years or lifetime.

### **OPTION 3**—Online

Self-exclusion from all Internet gaming activities. Minimum self-exclusion periods are one year or five years.

### **OPTION 4**—Online Player Account

Self-exclusion from all Internet gaming activities with signup through your online player account. Minimum self-exclusion periods are one year or five years.



## WHAT IS THE SELF-EXCLUSION PROGRAM?

The program was established to allow people to voluntarily exclude themselves from casino gaming activities in Atlantic City and on Internet gaming sites. This means you cannot gamble, receive or use complimentary goods or services, be a member of a slot or players' club, receive credit from any casino, cash checks at a casino, or collect winnings or recover losses. Also, the casinos and Internet gaming license permit holders are to remove your name from their direct marketing lists.

## HOW DO I GET PLACED ON THE SELF-EXCLUSION LIST?

You may obtain an application form and information on the Self-Exclusion Program from the Division's web site at [www.njdge.org](http://www.njdge.org), by phone at (609) 441-3688 or (609) 777-2279 or in person at the Division's offices in Atlantic City or Trenton.

You may submit an application **IN PERSON** at one of the following locations Monday through Friday:

New Jersey Division of Gaming Enforcement  
Arcade Building  
Tennessee Avenue and the Boardwalk  
(609) 441-3846  
8:00 a.m. to 4:00 p.m.

New Jersey Division of Gaming Enforcement  
140 E. Front Street  
Trenton, NJ 08625  
(609) 441-3846  
8:30 a.m. to 3:00 p.m.

You may submit an application **ONLINE** at the following web site:  
<https://www.njportal.com/dge/selfexclusion>

You may also submit an application by visiting one of the following New Jersey Racing Commission Offices during normal business hours (call to verify when open).

Meadowlands Racetrack  
50 Route 120  
East Rutherford, New Jersey 07073  
(201) 460-4065

Monmouth Park  
175 Oceanport Avenue  
Oceanport, New Jersey 07757  
(732) 222-7700

Freehold Raceway  
Route 9 & Business Route 33  
Freehold, New Jersey 07728

New Jersey Racing Commission  
140 E. Front Street  
Trenton, New Jersey 08625

*It is your responsibility to refrain from gaming activities  
Getting Help is Your Best Bet*