



Struggling with Gambling Addiction? NewBridge Can Help



If you can't cut back on gambling or are hiding it from loved ones, **it's time to seek help**. NewBridge Services is a state-designated expert in gambling addiction, treating individuals and families in Morris, Passaic and Sussex counties. Gambling involves risking something of value in hopes of winning more, whether through sports betting, scratch-off tickets, casino games, or online gaming.

"People often don't access treatment until they've hit some kind of bottom. You tend not to see overt signs of it until it's far gone."

— Derk Replogle, NewBridge Director of Addiction Services

Fast Facts:

- Uses **evidence-based treatment** to change behaviors and prevent relapse.
- Teaches **family members** coping strategies, even if the gambler isn't ready for treatment.
- Includes individual and group therapy.
- Offers **free** gambling awareness programs for schools and organizations.

Gambling by the Numbers:

- 6%** of NJ adults exhibit high-risk gambling behaviors, **triple the national average**.*
- 19%** of young adults ages 18 to 24 are at high risk for problem gambling.*
- 60-80%** of high schoolers reported gambling money in the past year.
- 20%** of high-risk problem gamblers reported a **suicide attempt**.*

* Source: Rutgers Center for Gambling Studies, 2023

Gambling is Pulling in Younger Players:

- Video games** embedded with gambling-like elements.
- A surge in **sports betting** and targeted advertising.
- 24/7** access to online gambling.

Take the First Step Toward Recovery:

services@newbridge.org • (973) 316-9333

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