



Finding Freedom from Gambling

RESOURCES, SUPPORT, AND HOPE FOR INDIVIDUALS AND FAMILIES

Gamblers Anonymous (GA)

For people who want peer support and accountability

www.gamblersanonymous.org

A free 12-step recovery fellowship offering meetings, encouragement, and long-term support from others who understand gambling addiction.

Gamblers Anonymous Wisconsin Hotlines

For help finding a local meeting in Wisconsin

Madison: (608) 283-5800 | Wausau: (715) 297-5317

Connects individuals with nearby meetings, recovery resources, and peer support throughout Wisconsin.

Wisconsin Council on Problem Gambling

For immediate help, information, or referrals

(800) GAMBLE-5 | (800) 426-2535

A 24-hour helpline providing confidential support, information, and treatment referrals.

National Council on Problem Gambling – Wisconsin Resources

For treatment options and statewide resources

(800) MY-RESET | (800) 697-3738

www.ncpgambling.org/help-treatment/help-by-state/wisconsin

Find Wisconsin treatment providers, support groups, self-assessments, and recovery resources.

Gam-Anon Family Groups

For spouses, family members, and loved ones

www.gam-anon.org | 844-475-4213

Support, understanding, and practical help for those affected by someone else's gambling.

Evive

For self-guided recovery and habit change

www.getevive.com

A free app that helps users track progress, manage urges, and build healthier habits.