



## Self-Help Mutual Support Meeting

Find and attend a Gambler's Anonymous, or equivalent, meeting in your area.

If participating in person is not possible, attend a virtual/phone meeting.

If there are no options that you are able to join, view a meeting recording online, or listen to a podcast featuring discussion from folks in recovery.

Take a few minutes to write a summary of what your experience was like. What did you hear that stood out to you? What was the tone of the room like? What demographic was highly represented? What demographic was not? What did you see as possible benefits to participants and also, what did you see that might be interpreted as negatives.