

IDHS/SUPR LAUNCHES WEKNOWTHEFEELING.ORG

The Illinois Department of Human Services, Division of Substance Use Prevention and Recovery (IDHS/SUPR) is pleased to announce the launch of WeKnowTheFeeling.org for help, support and advice about problem gambling. The website will accompany 1-800-GAMBLER and provide another outlet for individuals experiencing gambling disorder and their families. People can also text ILGAMB to 53342. Each of these resources are available 24 hours a day, 7 days a week. Support specialists who operate the helpline and website are trained in evidence-based approaches to help connect callers and website users with treatment and recovery support services. IDHS/SUPR partnered with Morneau Shepell, a human resource consulting firm that provides technical assistance and customized solutions in responsible gambling, to launch the website.

The month of March is designated as Problem Gambling Awareness Month (PGAM). Treatment programs funded by IDHS/SUPR participate in PGAM, which is sponsored by the National Council on Problem Gambling. Providers interested in supporting PGAM, or who want to help raise awareness about problem gambling

March is Problem Gambling Awareness Month. Help raise awareness about problem gambling. Order materials from IDHS/SUPR to distribute widely in your community.

at any time, can order printed materials from IDHS/SUPR, including posters, wallet cards, and brochures. Providers are encouraged to order these materials and distribute them widely. The materials can be ordered by calling the following IDHS/SUPR offices:

Chicago (312) 814-2300

Springfield (217) 557-9437

Mt. Vernon (618) 241-6866

If you or someone you know has a gambling disorder, call the state's helpline at 1-800-GAMBLER, text ILGAMB to 53342, or visit <https://weknowthefeeling.org/>.