

INFORMATION TO SUPPORT A 'GAMBLERS' ON GOING RECOVERY

GAMBLING RECOVERY APPS & PODCASTS

GAMBLING SPECIFIC

RecoverMe App

RecoverMe is a mobile health app that empowers individuals to manage their gambling addiction from their pocket by providing a recognised support pathway to accessing immediate and effective treatment. It is designed by psychologists, psychiatrists and individuals suffering from a gambling addiction. It can be downloaded from their website using the 1-year free discount code RECOVERME100.

Compatible with Apple and Android.



Mobile Monitor Your Gambling and Urges (MYGU) App

MYGU is an interactive, self-monitoring tool for those in recovery from a gambling addiction. The app allows you to keep track of your gambling recovery behaviour. You are encouraged to make a diary entry every time you have an urge to gamble (date/time, what you did and the trigger). The app then generates a number of reports, such as the relationship between triggers and outcomes.

Compatible with Apple and Android.



My Gamblers Anonymous Toolkit (GAT) App

GAT is a recovery tool for members of GA, the app makes it easy to find time to write in your recovery journal, as long as you have access to an internet connection at home or on the go using a mobile or tablet devices. It also has a gratitude list, spot check inventory and GA abstinence birthday celebration calculator. Use this tool alongside GA meetings for an all-round support system.

Compatible with Apple.



Gambling Addiction Calendar App

Gambling addiction calendar helps you to stay accountable for your recovery and identify when you may be tempted by the idea of gambling. You can track how much money and time you have saved since you quit gambling, the panic button will help you send a text to a friend or family member that may be able to help if needed, and the badge system allows you to be rewarded for your success.

Compatible with Apple and Android.



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Gambless App

Gambless uses a variety of psychology-based self-improvement articles, self-assessment tools, mental wellness workouts, and life improvement courses to help you cope with the urges to gamble. Find resources such as mental wellness tips and tools to better understand your needs and to help you focus, practical advice and accessible tools to support your mental wellbeing every day.

Compatible with Apple and Android.



Gambling Therapy App

The free Gambling Therapy app gives you access to useful tools and information to help you identify and overcome problem gambling. Key features of the Gambling Therapy app are text-based live support, mindfulness and self-help exercises, daily motivational quotes, links to blocking software, directory of organisations that can help and access to the online support forums.

Compatible with Apple and Android.



All Bets Are Off Podcast

Launched in April 2020, the All Bets Are Off podcast was founded by an awesome foursome made up of three gambling addicts in recovery, along with a passionate researcher whose father struggled with a gambling addiction. The podcast is designed for those that are in recovery or those that are contemplating whether they have a gambling addiction, but it's available for everyone.

Listen on Spotify, Apple Podcasts, Google Podcasts, Overcast, Pocket Casts, and RadioPublic.



All In: The Addicted Gamblers Podcast

Brian H and Jeff W share their personal experiences with gambling addiction. They also speak with recovering compulsive gamblers and professionals in the field across hundreds of episodes.

Listen on Spotify, Apple Podcasts, Google Podcasts, and Podchaser.



The After Gambling Podcast

Look no further for a starting point to quit gambling. Grab your earbuds and listen to other people share their success stories of overcoming gambling addiction.

Listen on Spotify, Apple Podcasts, Stitcher, Tune In, and iHeart Radio.



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The Broke Girl Society

Christina is a compulsive gambling addict who is living in recovery. After gambling for 15 years she finally hit the rock bottom that started her journey of recovery. In 2021 Christina started her podcast and it became her way of connecting to those who are trying to find recovery or are living in long term recovery.

Listen on Spotify, Apple Podcasts and Google Podcasts.



The Invisible Addiction Podcast

In 2020 The Invisible Addiction Podcast was launched to raise awareness of gambling addiction and to highlight the harms to others. Each episode will treat you with personal stories and guest interviews, you'll hear from industry experts, psychologists, campaigners, people in recovery, and those from the education, research and treatment sectors.

Listen on YouTube.



ALL ADDICTIONS

Afternoon Affirmations App

Afternoon Affirmations is brought to you by the world's largest social network for the Global Recovery Community (intherooms.com). If you are in recovery, a friend or family member of someone in recovery, or if you or a loved one is in need of help from addiction, then download the app and join the community. Afternoon Affirmations sends you a new message each day with a positive affirmation to help calm the soul. This notification happens each day at 1PM.

Compatible with Apple



Headspace: Mindful Meditation App

To help you stay resilient during tough times, Headspace is here for you with the Weathering the storm collection, including meditations for coping with sadness, anger, and adapting to change. You can also release stress and tension through movement with Move Mode — mood-boosting, at-home workouts. In just a few minutes a day, Headspace can help bring balance to your everyday life. Find some Headspace. Start with a free trial.

Compatible with Apple and Android.



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Recovery Box App

Recovery Box is a comprehensive toolkit following the 12-step method. The app includes tools from the Big Book of Alcoholics Anonymous but has many transferable notions to other addictions. Recovery Box has features like a recovery calculator, recovery stories, readings, in-app sponsorship, notes, inventories and chat messaging.

Compatible with Apple.



SoberTool

SoberTool is a fast, free, and effective tool to help you stay clean and sober. This app was developed by a Harvard educated, licensed chemical dependency and certified alcoholism and drug counsellor. SoberTool is for recovering addicts and anyone who wants to stay clean and sober or free from a bad habit. It gives you free and immediate help at your fingertips. If you get the urge to relapse, just open the app and you will see a message to help you stop craving and deal with the specific issue that is causing your urge.

Compatible with Apple and Android.



BEST ALCOHOL ADDICTION RECOVERY APPS OF 2021

Quitter – Daily Habit Tracker

Quitter is a habit tracker app that helps you create healthy routines by creating healthy good habits and quitting bad habits. It does this by setting habit goals, tracking your habit progress, and motivating you with habit streaks. Quitter can help you both build and quit habits at the same time.

After adding a habit to quit, Quitter will help you track the time since you've done that habit. Whenever you do that habit, you reset your 'score' and start tracking your progress again. Try to reach your goal, and get past your high score.

Compatible with Apple.

