

Cambridge Health Alliance Gambling Disorder Resources & Referral

1. e-Brief Biosocial Gambling Screen (available in 22 languages)
 - a. What is it? The Division on Addiction's brief (3-item) gambling disorder screener and intervention system derived from analyses of the National Epidemiology Survey on Alcohol & Related Conditions (Gebauer, LaBrie, & Shaffer, 2010).
 - b. http://www.divisiononaddiction.org/bbgs_new/
2. Your First Step to Change: Gambling (available in 22 languages)
 - a. What is it? The Division's gambling self-help toolkit, developed in collaboration with the Massachusetts Council on Compulsive Gambling, with support from the Massachusetts Department of Public Health and the National Center for Responsible Gaming.
 - b. <http://www.gamblingselfchange.org/?step=welcome>
3. The Worldwide Addiction Gambling Education Report (*WAGER*)
 - a. What is it? The Division's free monthly online research review of the latest gambling science.
 - b. http://www.basisonline.org/the_wager/
4. Expressions of Addiction
 - a. What is it? Dr. Howard Shaffer's photographic essay of case studies of gambling and other expressions of addiction.
 - b. <http://expressionsofaddiction.com>
5. Change Your Gambling, Change Your Life
 - a. What is it? Dr. Howard Shaffer's book about self-guided recovery from gambling and related disorders.
 - b. <http://www.health.harvard.edu/books/change-your-gambling-change-your-life>
6. Mount Auburn Hospital Prevention and Recovery Center
 - a. 330 Mount Auburn Street Cambridge, MA 02138
 - b. Phone: 617-499-5051 Fax: 617-499-5562

Local (Massachusetts) & National Gambling Disorder Resources

1. Massachusetts Council on Compulsive Gambling (<http://www.masscompulsivegambling.org/>) helplines:
 - a. English: 1-800-426-1234
 - b. Chinese: 1-857-383-3557
 - c. Vietnamese: 1-857-383-3567
 - d. Khmer: 1-857-383-3577
 - e. Spanish: 1-857-383-3558
2. Massachusetts Gaming Commission (<http://massgaming.com/>)
3. Massachusetts Psychological Association (<http://www.masspsych.org/>)
4. Massachusetts Psychiatric Society (<http://www.psychiatry-mps.org/>)
5. National Council on Problem Gambling (<http://www.ncpgambling.org/>) helpline:
 - a. 1-800-522-4700
6. National Center for Responsible Gaming (<http://ncrg.org>)
7. American Academy of Health Care Providers in the Addictive Disorders (<http://www.americanacademy.org/>)
8. Other Key Hotlines

Suicide

Samaritans Statewide Hotline: 1-877-870-HOPE (4673)
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
The Trevor Helpline: 866-4-U-TREVOR (488-7386)

Substance Abuse

Alcohol and Drug Hotline: 1-(800) 327-5050
Smokers Quit Line: 1-(800) TRY TO STOP

Domestic Violence

Safelink: 1-877-785-2020

Families and Children

Parental Stress Hotline: 1-(800) 632-8188
Child Abuse and Neglect Hotline (DSS): 1-(800) 792-5200
Massachusetts Society for the Prevention of Cruelty to Children: 1-(800) 442-3035
National Runaway Switchboard: 1-(800) 621-4000