

Cambridge Health Alliance Gambling Disorder Resources & Referrals

1. [**BBGS e-Screener \(Brief Biosocial Gambling Screen\)**](#) (available in 22 languages)

The Division's brief (three item) Gambling Disorder Screener and intervention system derived from analyses of the National Epidemiology Survey on Alcohol & Related Conditions (Gebauer, LaBrie, & Shaffer, 2010).

2. [**Your First Step to Change, 2nd Edition**](#)

The Division's gambling self-help toolkit, with support from the Massachusetts Department of Public Health.

3. [**The WAGER \(Worldwide Addiction Gambling Education Report\)**](#)

The Division's free monthly online research review of the latest gambling science, available through The BASIS.

4. [**Expressions of Addiction**](#)

A photographic essay of case studies of gambling and other expressions of addiction, by Division Director Howard J. Shaffer, Ph.D., C.A.S., Morris E. Chafetz Associate Professor of Psychiatry in the Field of Behavioral Sciences at Harvard Medical School.

5. [**Change Your Gambling, Change Your Life**](#)

Dr. Howard J. Shaffer authored this book about self-guided recovery from gambling and related disorders.

6. [**Mount Auburn Hospital Prevention and Recovery Center**](#)

330 Mount Auburn Street, Cambridge, MA 02138
Phone: (617) 499-5051 Fax: (617) 499-5562

Local (Massachusetts) & National Gambling Disorder Resources

1. [Office of Problem Gambling Services](#), Massachusetts Department of Public Health
2. [Massachusetts Council on Compulsive Gambling](#) helpline: (800) 426-1234 (Translators available)
3. [Massachusetts Gambling Commission](#)
4. [Massachusetts Psychological Association](#)
5. [Massachusetts Psychiatric Society](#)
6. [National Council on Problem Gambling](#) helpline: (800) 522-4700
7. [National Center for Responsible Gaming](#)
8. [American Academy of Health Care Providers in the Addictive Disorders](#)
9. **Other Key Hotlines:**

Suicide

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

Substance Abuse

Alcohol and Drug Hotline: (800) 327-5050
Smokers Quit Line: (800) QUIT NOW

Domestic Violence

Safelink: (877) 785-2020

Families and Children

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