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


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-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