

Cambridge Health Alliance Readiness for Gambling Expansion (CHARGE)



National Problem Gambling Helpline: 1-800-MY-RESET (697-3738)

United States

- [National Problem Gambling Helpline](#): Call 1-800-MY-RESET (1-800-697-3738), text 800GAM, or chat online at ncpgambling.org/chat
- [SAMHSA's National Helpline](#): Call (800) 662-HELP (4357)
- [988 Suicide and Crisis Lifeline](#): Call or text 988. Chat online at 988lifeline.org/chat
- [National Domestic Violence Hotline](#): Call (800) 799-SAFE (7233) or text START to 88788. Chat online at thehotline.org
- [National Crisis Text Line](#): Text HOME to 741741 or chat online at connect.crisistextline.org/chat
- [The Trevor Project](#): Call (866) 4-U-TREVOR (488-7386) or text START to 678-678. Chat online at chat.trvr.org
- [National Runaway Safeline](#): Call (800) RUNAWAY (786-2929) or chat online at 1800runaway.org
- [Lesbian, Gay, Bisexual, and Transgender National Hotline](#): Call (888) 843-4564

Massachusetts

- [Gambling Helpline](#): Call (800) 327-5050 or text "GAMB" to 800327
- [Substance Use Helpline](#): Call (800) 327-5050
- [Smokers Quitline](#): (800) QUIT-NOW (784-8669)
- [Domestic Violence \(SafeLink\)](#): Call (877) 785-2020
- [Parent Stress Line](#): Call (800) 632-8188
- [Child-At-Risk Hotline \(Child Abuse or Neglect\)](#): Call (800) 792-5200

Canada

- [Addiction Helplines](#): Visit ccsa.ca/addictions-treatment-helplines-canada to find helplines by provinces and territories
- [Suicide Crisis Helpline](#): Call or text 9-8-8
- [Kids Help Phone](#): Call (800) 668-6868, text CONNECT to 686868, or chat online at kidshelpphone.ca
- [Hope for Wellness Helpline \(Indigenous peoples\)](#): Call (855) 242-3310 or chat online at hopeforwellness.ca

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United Kingdom

- [National Gambling Helpline](#): Call or Whatsapp message 0808 8020 133
- [FRANK \(National Drug Helpline\)](#): Call 0300 123 6600 or text 82111
- [National Domestic Abuse Helpline](#): Call 0808 2000 247 or chat online at nationaldahelpline.org.uk/chat-to-us-online
- [National Suicide Prevention Service](#): Call 0800 587 0800
- [Samaritans Crisis Helpline](#): Call 116 123
- [Switchboard LGBT+ Helpline](#): Call 0800 0119 100
- [Childline](#): Call 0800 1111
- [National Society for the Prevention of Cruelty to Children](#): Call 0808 800 5000

Australia

- [National Gambling Helpline](#): Call 1800 858 858
- [Lifeline Suicide Hotline](#): Call 13 11 14, text 0477 13 11 14, or chat online at lifeline.org.au/chat
- [Kids Helpline](#): Call 1800 55 1800 or chat online at kidshelpline.com.au/get-help/webchat-counselling
- [Suicide Call Back Service](#): Call 1300 659 467
- [1800RESPECT \(National Domestic Family and Sexual Violence Counselling Service\)](#): Call 1800 737 732, text 0458 737 732, or chat online at 1800respect.org.au/online-chat-1800respect

Hong Kong

- [Ping Wo Fund Gambling Hotline](#): Call 183 4633
- [Suicide Prevention Services](#): Call 2382 0000
- [Samaritans Crisis Hotline](#): Call 2896 0000

Czech Republic

- [Gambling Helpline](#): Call 420 777 477 877