Cambridge Health Alliance Readiness for Gambling Expansion (CHARGE)

CHA Division on Addiction
Cambridge Health Alliance

Where Can I Find Support for Gambling?

Helplines & Treatment Information

- **National Problem Gambling Helpline:** A one-stop hub offering free, confidential access to trained professionals who provide information, support, and referrals to treatment and recovery services. Available 24/7/365. **Call 1-800-MY-RESET (697-3738)**, **text 800GAM**, or **chat** ncpgambling.org/chat.
    - For more information about problem gambling, to learn about treatment options, and to find resources near you, visit ncpgambling.org/help-treatment.
- **National Treatment Locator (SAMHSA):** Connects people to local mental health and substance use treatment, recovery, and support services. This service is free, confidential, and available 24/7/365. **Call 1-800-662-HELP (4357)**, **text your ZIP Code to 435748**, or visit findtreatment.gov.
- **988 Suicide & Crisis Lifeline:** Provides free and confidential support to people in suicidal crisis or emotional distress and their loved ones. Available 24/7/365. **Call or text 988** or **chat at** chat.988lifeline.org.

Peer & Community Support Groups

- **Gamblers Anonymous (GA):** A community of peer support groups offering in-person and online meetings for people seeking connection and support related to gambling. To talk to a GA representative or find a meeting online or near you, visit gamblersanonymous.org.
- **Bettors Anonymous:** Peer support groups for people seeking change and support around their gambling. To find an online or in-person meeting near you, visit bettors-anonymous.org.
- **SMART Recovery:** Peer support groups centered on science-based, self-empowered recovery. To find an online or in-person meeting near you, visit smartrecovery.org.
- **Game Quitters:** An online community and resource center for individuals experiencing problems with gaming and their loved ones. To learn more, visit gamequitters.com.
- **Gam-Anon:** Peer support groups for family members and loved ones of individuals experiencing problems with gambling. To find an online or in-person meeting near you, visit gam-anon.org.
- **Debtors Anonymous:** Peer support groups for individuals whose debt has caused problems in their lives. To find an online or in-person meeting near you, visit debtorsanonymous.org.
- **Discussion forums:** Online communities, like Reddit, that allow people to connect, ask questions, and share experiences in an open discussion format. Visit Reddit's *r/problemgambling* forum at reddit.com/r/problemgambling.

Self-guided Learning & Education

Workbooks & Books

- **Your First Step to Change:** A free, self-directed workbook to help start the journey toward understanding and changing gambling behavior. To access and download the workbook, visit divisiononaddiction.org/outreach-resources/your-first-step-to-change.
- **Change Your Gambling, Change Your Life:** A research-based book that outlines strategies for managing gambling, and improving finances, relationships, and health. Order online (e-book or print) from major book retailers.

Websites & Apps

- **Evive:** An evidence-based mobile app offering education, personalized tools, and access to a peer support community for people who want to change or stop gambling. Available for free in most states. Download the app via most major app stores.
- **Lower Risk Gambling Guidelines:** These guidelines help gamblers understand and reduce their risk of harm from gambling. Learn more at gamblingguidelines.ca.
- **Safer Gambling Tips:** If you choose to gamble, these tips can help you gamble more safely, make informed choices, and reduce your risk of harm. Learn more at gamblingguidelines.ca/lower-risk-gambling-guidelines/safer-gambling-tips.
- **GameSense:** An educational website that provides gamblers with information, tips, tools, and support to promote safer play and informed decision-making. Learn more at gamesense.com.
- **Know Your Play:** Educational, online resources for preventing gambling harm through financial literacy and improved mental health. Find out more at knowyourplay.org.
- **Positive Play Quiz:** This quiz assesses your gambling beliefs and behaviors and provides feedback and tips on how to keep play positive. Take the quiz at demo.positiveplay.org/quiz.
- **Addiction quizzes:** Test your knowledge of responsible gambling, low-risk gambling guidelines, and more. Take the quizzes at divisiononaddiction.org/education-training/addiction-quizzes.
- **The Brief Addiction Science Information Source (BASIS):** A blog summarizing recent research and shares expert perspectives on gambling and substances. Read The BASIS at basisonline.org.
- **Information about Gambling Disorder:** A compilation of educational resources that help people understand problem gambling and its impacts. Visit the webpage at divisiononaddiction.org/outreach-resources/gdsd/toolkit/information.

On-demand Media

- **Podcasts:** On-demand conversations that combine lived experience and expert perspectives on gambling, recovery, and related topics. Available on most podcast platforms. Popular podcasts:
  - *After Gambling Podcast*
  - *All In: The Addicted Gamblers Podcast*
  - *The Broke Girl Society*
  - *Fall In: The Problem Gambling Podcast for Military Service Members and Veterans*
- **TikTok and YouTube:** Videos from creators like *@OdaatGamblingAwareness* that feature personal perspectives, peer storytelling, and expert conversations about gambling.

Tools for Creating Boundaries

- **Voluntary self-exclusion:** Programs that allow individuals to voluntarily exclude themselves from certain gambling venues or online gambling activities. These programs are offered by certain states and gambling operators. To learn more about voluntary self-exclusion: **Call (1-800-697-3738)** or **text (800GAM)** the National Problem Gambling Helpline or **visit** nvsep.org.
- **Gambling blocking tools:** Software programs like *BetBlocker* and *Gamban* that limit or block access to gambling websites and apps across multiple devices. Download from major app stores or access online. Some programs are free, while others require a paid subscription.

Financial Resources

- **GamFin:** A financial counseling service offering education, budgeting guidance, debt strategies, and support for people managing gambling-related financial challenges. Some services are free depending on the state, while others may require a fee. Learn more at gamfin.org.
- **National Foundation for Credit Counseling (NFCC):** A non-profit financial counseling organization helping people with debt management, budgeting, and financial literacy. To find more, visit nfcc.org

Organizations

- **National Council on Problem Gambling:** The national advocate for programs and services to assist problem gamblers and their families. Find out more at ncpgambling.org.
- **International Center for Responsible Gaming:** A national organization devoted to funding research that helps increase understanding problem gambling, and finding effective methods of treatment and recovery. Find out more at icrg.org.
- **Division on Addiction at Cambridge Health Alliance:** An organization that conducts research, outreach, training, and education related to gambling, substance use, and related behaviors. Learn more at divisiononaddiction.org.