

## **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, 2<sup>nd</sup> 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](#), a self-guided recovery from gambling and related disorders.

## **Local (Minnesota) & National Gambling Disorder Resources**

1. [Minnesota Alliance on Problem Gambling](#) State affiliate of National Council on Problem Gambling
2. [Minnesota](#) helpline: 1-800-333-HOPE (4673)
3. [MN Department of Human Services of Human Services](#) -Gambling Problems State-approved Treatment Providers
4. [MN Gamblers Anonymous](#)- List of GA meetings around the state of Minnesota
5. [National Council on Problem Gambling](#) helpline: (800) 522-4700
6. [International Center for Responsible Gambling](#).