

24/7 Gambling Addiction Hotline

Free & Confidential Gambling
Addiction Hotline & Resources

(844) 779-2637

National Gambling Hotline

The National Problem Gambling Helpline, operated by the National Council on Problem Gambling (NCPG), is available to you and can be reached via phone or text at [1-800-522-4700](tel:1-800-522-4700). The National Helpline is confidential and available 24 hours a day. Additionally, there is an online helpline chat available on the NCPG website.

Local Gambling Hotlines

If you are looking for a local gambling hotline, the following are resources for each state, although this is not a complete list. These resources can give you a good starting point to get help for gambling addiction.

Alabama

Alabama Council On National Compulsive Gambling, Inc.

334-277-5100

Arkansas

Arkansas Department of Public Health, Office of Problem Gambling

1-800-GAMBLER

Arizona

Arizona Council on Compulsive Gambling

800-777-7207

California

California Council on Problem Gambling

1-800-426-2537

Colorado

Problem Gambling Coalition of Colorado

1-800-522-4700

Connecticut

Connecticut Council on Problem Gambling

959-230-4034

Delaware

Delaware Council on Gambling Problems

888-850-8888

Florida

Florida Council on Compulsive Gambling

888-236-4848

Georgia

Georgia Council on Problem Gambling

1-866-922-7369

Illinois

Illinois Council on Problem Gambling

800-522-4700

Indiana

Indiana Council on Problem Gambling

800-994-8448

Kansas

Kansas Coalition on Problem Gambling

800-522-4700

Kentucky

Kentucky Council on Problem Gambling

800-426-2537

Louisiana

Louisiana Association on Compulsive Gambling

318-227-0883

Maine

Maine Council on Problem Gambling

207-520-0293

Maryland

Maryland Council on Problem Gambling

1-800-522-4700

Massachusetts

Massachusetts Council on Compulsive Gambling

617-426-4554

Michigan

Michigan Association on Problem Gambling

1-800-270-7117

Minnesota

Northstar Problem Gambling Alliance

800-333-4673

Mississippi

Mississippi Council on Problem & Compulsive Gambling

601-853-8351

Montana

Montana Council on Problem Gambling

888-900-9979

Nebraska

Nebraska Council on Compulsive Gambling

833-238-6837

New Jersey

Council on Compulsive Gambling of New Jersey

1-800-246-2537

New York

New York Council on Problem Gambling

877-846-7369

North Carolina

North Carolina Council on Problem Gambling

1-800-522-4700

Ohio

The Problem Gambling Network of Ohio

1-800-589-9966

Oklahoma

Oklahoma Association on Problem & Compulsive Gambling

1-800-522-4700

Oregon

Oregon Council on Problem Gambling

1-877-695-4648

Nevada

Nevada Council on Problem Gambling

800-522-4700

New Mexico

New Mexico Council on Problem Gambling

800-572-1142

Pennsylvania

Council on Compulsive Gambling of Pennsylvania

800-848-1880

Rhode Island

Rhode Island Council on Problem Gambling

877-942-6253

Virginia

Virginia Council on Problem Gambling

1-800-522-4700

Washington

Evergreen Council on Problem Gambling

800-547-6133

1-800-GAMBLER

Wisconsin

Wisconsin Council on Problem Gambling

800-426-2535

Wyoming

Wyoming Council on Problem Gambling

1-800-522-4700