**Remote Self Help for Problem Gambling**

**GA Hotline info**

www.newyorkga.org

**New York Area**
New York City/Westchester/Rockland/Surrounding Counties Hotline Number: 855-2CALLGA (855-222-5542)

**Upstate Area**Albany Hotline Number: (518) 292-0414
Buffalo Hotline Number: 855-2CALLGA (855-222-5542)
Niagara Falls Number: 855-2CALLGA (855-222-5542)
Rochester Hotline Number: 855-2CALLGA (855-222-5542)
Syracuse Hotline Number: 855-2CALLGA (855-222-5542)
Watertown/Massena Hotline Number: 855-2CALLGA (855-222-5542)

**Long Island Area**Long Island Hotline Number: 855-2CALLGA (855-222-5542)

**Temporary Conference Call Meeting Information for Gamblers Anonymous:**

As of Wednesday, 3/18/2020, Gamblers Anonymous will have an accommodation for all Gamblers Anonymous members who have been told that their regular meeting facilities have been closed due to the current health emergency. The Board of Trustees Telephone Conference Call Committee has been operating a weekly Telephone Conference Call meeting for the last 6 years. With the approval of the Chairman of the Board of Trustees, the committee has volunteered to hold daily meetings.

Accordingly, there will be a telephone conference call meeting every day of the week at 9:00 PM New York Time, which is GMT-4, lasting for 2 hours. These meetings are designated as approved Gamblers Anonymous meetings. These meetings are scheduled to continue for a 2-week period, but may be extended additional weeks, if required.

Below are the details to call in for all the meetings.

Day/Time Call in Number Meeting Code Email for Information and Questions

Sunday 9PM 712-770-5338  836083#  Sunday9PMHelp@gmail.com
Monday 9PM 712-770-4925  554671#  Monday9PMHelp@gmail.com
Tuesday 9PM 712-770-4943  253824#  Tuesday9PMHelp@gmail.com
Wednesday 9PM 712-770-4160  611704#  Wednesday9PMHelp@gmail.com
Thursday 9PM 712-770-4981  872853#  Thursday9PMHelp@gmail.com
Friday 9PM 712-770-4996  595094#  Friday9PMHelp@gmail.com
Saturday 9PM 712-770-5335  491301#  Saturday9PMHelp@gmail.com

The telephone conference call platform we are using has local access telephone numbers for 74 different countries. If you are going to call from a foreign country, please use the appropriate email address to request the local calling numbers.

**Smart Recovery:** [**https://www.smartrecovery.org/gambling-addiction/**](https://www.smartrecovery.org/gambling-addiction/)

 **and**

 **http://**[**www.smartrecovery.org/community**](http://www.smartrecovery.org/community)

**National Council on Problem Gambling:**

**24-Hour Confidential National Helpline – Call or text: 1-800-522-4700**

**Chat:** [**www.ncpgambling.org/chat**](http://www.ncpgambling.org/chat)

**Help by state:**[**https://www.ncpgambling.org/help-treatment/help-by-state**](https://www.ncpgambling.org/help-treatment/help-by-state)

**Council on Compulsive Gambling of New Jersey**

24/7 Helpline:  1-800-Gambler

Website:  [**www.800gambler.org**](http://www.800gambler.org)- offers videos and phone-in meetings as alternatives to not being able to gather do to Covid-19 restrictions.

**gamtalk**

<https://www.gamtalk.org/>