

**This March,  
have a  
conversation  
with someone  
who has been  
there...**



For most, gambling can be fun. But for some, gambling can get out of control. Take the action to call and have a conversation with a **Peer Recovery Support Specialist** who can help you or a loved one navigate resources and remove barriers on the road to recovery from gambling problems.

**If gambling is causing problems for you or any one you know, call or text the **Maryland Helpline 1-800-GAMBLER (1-800-426-2537)** and ask to speak with a Peer Recovery Support Specialist.**



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

The Maryland Center of Excellence  
on Problem Gambling



PROBLEM GAMBLING  
AWARENESS MONTH  
→ AWARENESS+ACTION