



The Maryland Center of Excellence on  
**PROBLEM GAMBLING**

GAMBLING

**If you think it's a solution, it may be a problem.**

Gambling can be fun. But for some, gambling can get out of control and result in financial problems, legal issues, family/relationship conflict and even suicide attempts.

**High Risk Gambling — Situations When You Are:**

- Coping with grief, loneliness, anger or depression.
- Under financial pressure and stress.
- Recovering from mental health or substance use disorders.
- Using alcohol or other drugs.
- Under legal age to gamble.

**Low Risk Gambling is Done:**

- As a form of recreation, not to make money or make up for previous losses.
- With limits on time, frequency, and duration.
- In a social setting with others, not alone.
- With money you can afford to lose.

**Keep the problem out of gambling.**

**Call 1-800-GAMBLER**  
**IT'S FREE AND CONFIDENTIAL 24/7.**

# GAMBLING

**ALMOST  
90%  
OF ADULTS IN  
MARYLAND  
GAMBLE**

## **Keep Gambling Safe**

- Gamble for entertainment, not as a way to make money.
- Set a budget and stick to it.
- Don't try to win back losses by more gambling.
- Limit your time to gamble.
- Don't mix drinking and/or taking drugs and gambling.
- Balance gambling with other recreational activities.

**You can get control of your life back. We can help! Call now.**



**HELPLINE IS FREE & CONFIDENTIAL 24/7**

**1-800-GAMBLER**

**VISIT US ONLINE AT:**

**HelpMyGamblingProblem.org**



**TEXT US:  
1-800-426-2537**



**CHAT WITH US:  
HELPMYGAMBLINGPROBLEM.ORG**



**UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE**

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on Problem Gambling*

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