

# Gambling Peer Support

Gambling recovery does not need to be a solo journey...

have the conversation  
with someone who  
"has been there."



## Gambling Peer Recovery Specialists

help individuals limit, control, or stop their gambling by connecting them to the most useful resources in their communities.

Peers have lived experience in addiction and can support your path to recovery by:

- Helping you access treatment at no cost to limit your gambling, or stop it all together.
- Connecting you to resources wherever you live in Maryland that will support your recovery process.
- Providing continued support and encouragement so you can continue to work toward your goals.

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](http://HelpMyGamblingProblem.org)



Scan code to learn more



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

The Maryland Center of Excellence  
on Problem Gambling

# Gambling Family Support

**Does someone you love have a gambling problem?**

***You are not alone.***



When someone you love has a gambling problem, it can strain family relationships, interfere with work and lead to financial problems. You may feel worried, alone, ashamed, and unsure what to do. That's why we're here!

Maryland Coalition of Families provides safe, confidential support without judgement. Our staff have experienced gambling issues in their own families, and they use that experience to help others in this situation. We offer free, personalized support as well as information and connection to resources.

*For additional information or to find help in your community, contact us today.*

**410-730-8267 | [info@mdcoalition.org](mailto:info@mdcoalition.org)**

**[mdcoalition.org](http://mdcoalition.org)**



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