

For most,  
gambling  
can be a fun  
social  
activity



But for  
some,  
gambling  
can get out  
of control

# SET A LIMIT, AND STAY WITHIN IT.

If you or someone you know is struggling  
with problems due to gambling, we can help.

[helpmygamblingproblem.org](http://helpmygamblingproblem.org)

*Outreach program from* THE MARYLAND CENTER *on* PROBLEM GAMBLING

**FREE GAMBLING HELPLINE: 1-800-GAMBLER**



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

The Maryland Center of Excellence  
on Problem Gambling