

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.



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.

Maryland Problem Gambling Helpline – 1-800-GAMBLER

KEEP GAMBLING FUN AND PROBLEM FREE



Set a limit on how much time and money you will spend and stick to it.

View gambling as entertainment, not as a way to make money.

Balance gambling with other leisure activities.

If you gamble and spend more time and money than you can afford, a good strategy is to take a break. Consider seeking help if this is a concern.

Problem Gambling Helpline, Toll-Free, Confidential 24/7

1-800-GAMBLER

www.helpmygamblingproblem.org