



Gambling should **NEVER** be considered a solution to financial problems.

Gambling can be fun. But for some, gambling can become more than just entertainment and can get out of control, resulting in financial problems, legal issues, family /relationship conflict and even suicide attempts.

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.

Warning Signs of a Gambling Problem:

- Frequent gambling
- Increasing amount gambled
- Neglecting work and family
- Preoccupation with gambling and money
- Borrowing money
- Mood swings
- Isolation, withdrawal, secretive behavior
- Gambling to win back losses (chasing)

You CAN get control of your life back. We can help!

If you or someone you know is struggling with financial issues due to gambling behaviors, call, text or chat **TODAY!**

1-800-GAMBLER - helpmygamblingproblem.org



The Maryland Center of Excellence
on Problem Gambling