

# HAVE THE CONVERSATION... 1-800-GAMBLER

About the risks  
of gambling and  
how to keep  
gambling safe

**Call, Text** (1-800-426-2537)  
**or Chat** ([helpmygamblingproblem.org](http://helpmygamblingproblem.org))



- Confidential, 24-7
- Knowledgeable listeners
- Resources for help and information
- Referrals to counselors



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

The Maryland Center of Excellence  
on Problem Gambling