

**The Maryland Center of Excellence on Problem Gambling (the Center)** offers Peer Recovery Support Specialists to help individuals seeking to limit, control or stop their gambling. Peers connect help seekers with the most useful resources in their communities so they continue to work toward their goals in dealing with any gambling problems.

The Center's Peers have lived experience with addiction and have been in recovery a minimum of two years. They are trained in how to assist those seeking help to connect with recovery resources available throughout the state.

## *How* IT WORKS

Peer Recovery Support for problem gambling helps widen the doorways of entry into treatment and recovery.

### *For the Gambler:*

- Help individuals to access treatment to limit, control or stop gambling behavior.
- Connect individuals with resources to support them during their recovery process.
- Encourage individuals to continue to work toward their goals in dealing with any gambling problems.

### *For Providers:*

- Connect with existing peer support specialists located within the treatment delivery system to offer assistance with resources for those identified as a problem gambler and or their family members.



**The Maryland Center of Excellence  
on Problem Gambling**

The Maryland Center of Excellence on Problem Gambling promotes healthy and informed choices regarding gambling and problem gambling through public awareness, training and education, prevention, technical assistance to the behavioral health care system, peer recovery support, research and public policy.

---

*Have a conversation today with a  
**Peer Recovery Support Specialist.***

Call, text or chat:

**1-800-GAMBLER**

(1-800-426-2537)

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

---

*Have the*  
**CONVERSATION**  
*with someone who*  
**“HAS BEEN THERE.”**



## **Gambling Peer Recovery Specialists**

---

*Providing Access to Treatment, Connection to  
Resources, and Encouragement*



**The Maryland Center of Excellence  
on Problem Gambling**

## BENEFITS of Gambling Peer Recovery Support

It's a long road to recovery. Although the faces of addiction are many, all persons on the road to recovery need the support of others. And these others need to be familiar with what it means to be an addict.

There are four key elements to the support provided by the Peer Recovery Specialists at no cost:

**Emotional:** encourages the individual through empathy, concern or caring by helping to strengthen confidence and self esteem.

**Informational:** shares knowledge and information of resources available to guide individuals to success, including access treatment at no cost.

**Instrumental:** assists people in completing tasks necessary for successful recovery; i.e. transportation, housing, etc.

**Connecting:** helps individuals gain a sense of belonging and being with others.



## SIGNS of Problem Gambling

- Preoccupied with gambling (i.e. reliving past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble).
- Secretive about his/her gambling habits, and defensive when confronted.
- Increasing betting amounts when gambling in order to achieve the desired excitement (“high”).
- Trying unsuccessfully to control, cut back or stop gambling.
- Restless or irritable when not gambling.
- Gambling to escape problems.
- Trying to win back losses by more gambling.
- Lying to family and others about the extent of gambling.
- Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling.
- Relying on others to bail him or her out to relieve a desperate financial situation caused by gambling.

If you or someone you know struggles with a gambling problem, call or text

**1-800-GAMBLER**

(1-800-426-2537)

It's free and confidential 24/7.

## What is RECOVERY?

Recovery is a personal journey of hope, purpose and growth. It is a process of setting your own directions in life. It is accepting the responsibilities of meeting challenges, using your own abilities, strengths and determination.

Peer support services are delivered by individuals who have common life experiences with the people they are serving. These services help prevent relapse and promote sustained recovery from addictions. Peers are often easier to talk with because they have walked a similar path.

## STAYING on the Road to Recovery

Working on recovery and a life of health and wellness is a journey that requires time and energy. Relapses are not uncommon, however, with the support of a peer and the coping skills and tools you will learn, a life of health and wellness can be achieved.

SUPPORT

RESOURCES

ACCESS TREATMENT

SELF-ESTEEM

SUCCESS