

This March, take the “madness” out of Gambling

The 2021 NCAA Basketball tournament begins on March 18th. Excitement is building, and many look forward to completing tournament brackets, whether sponsored by an organization or through friends.



For most, completing and “betting” on March basketball brackets is a fun, competitive group activity. But for some, this activity may be part of a more problematic approach to gambling.

Here are a few tips to take the madness out of March Tournaments:

- **Only gamble what you can afford to lose** – set a dollar limit and stay within it!
- **View tournament pools as a form of entertainment** – do not chase past gambling losses or view tournament pools as a way to make money.
- **Limit alcohol use** when gambling.
- **Participate as part of a fun group activity** – avoid gambling when you are alone or depressed.

If gambling is causing problems for you or any one you know, call or text the Maryland Helpline **1-800-GAMBLER (1-800-426-2537) or visit **helpmygamblingproblem.org****



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