

## **HAVE THE CONVERSATION**

about the risks of gambling and how to keep gambling safe with

- ... your family
- ... your friends
- ... your community
- ... your clients

**Maryland Problem Gambling Helpline – 1-800-GAMBLER**

**Gambling can be fun. But for some, gambling can get out of control. Here are some conversation tips to get you started:**

- What do you like about gambling?
- How do you balance gambling with other forms of entertainment?
- What part of your budget do you allocate to gambling?
- How would you know if gambling is getting out of control?

For resources and help, call or text **1-800-GAMBLER** (1-800-426-2537) or visit **[www.mdproblemgambling.com](http://www.mdproblemgambling.com)**