



This holiday season, don't struggle with gambling problems alone – start and stay on the road to recovery with a
Peer Recovery Support Specialist

Peer Support can help those seeking to limit, control or stop their gambling, and connect them with the most useful resources in their communities.

Holiday Triggers:

- Financial Issues
- Loneliness
- Family Conflicts
- Loss of Loved One
- Celebrations

If you or any one you know is gambling problematically or struggling with gambling addiction, help is a phone call away with someone who “has been there.”

Call or Text – 1-800-GAMBLER (1-800-426-2537)
helpmygamblingproblem.org



The Maryland Center of Excellence
on Problem Gambling