

**This March,
have a
conversation
with someone
who has been
there...**



For most, gambling can be fun. But for some, gambling can get out of control. Take the action to call and have a conversation with a ***Peer Recovery Support Specialist*** who can help you or a loved one navigate resources and remove barriers on the road to recovery from gambling problems.

If gambling is causing problems for you or anyone you know, call or text the Maryland Helpline **1-800-GAMBLER (1-800-426-2537) or scan the QR code below or visit **www.helpmygamblingproblem.org****



The Maryland Center of Excellence
on Problem Gambling



**PROBLEM GAMBLING
AWARENESS MONTH**
→ AWARENESS+ACTION