

# HAVE THE CONVERSATION... 1-800-GAMBLER

About the risks of  
gambling and...

How to keep  
gambling safe

**Call, Text** (1-800-426-2537)  
**or Chat** (HelpMyGamblingProblem.org)



- Confidential, 24-7
- Knowledgeable listeners
- Resources for help and information
- Referrals to counselors

**HelpMyGamblingProblem.org**



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

The Maryland Center of Excellence  
on Problem Gambling

