



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

Peer Recovery Support Specialist

Peers can help you limit, control, or stop gambling

Peers have lived experience and know what you're going through

Holiday Triggers:

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

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

call or text the **Maryland Problem Gambling Helpline** and ask for **Peer Recovery Support** **1-800-GAMBLER** (1-800-426-2537)

or visit **HelpMyGamblingProblem.org**



The Maryland Center of Excellence
on Problem Gambling

