

This March, take the “madness” out of Sports Betting

The 2023 NCAA Basketball tournament begins on March 14th. Excitement is building, and many look forward to completing tournament brackets, whether sponsored by an organization or through friends.



For most, completing and “betting” on March basketball brackets is a fun, competitive group activity. But **for some**, this activity may be part of a more problematic approach to gambling.

Here are some tips to take the madness out of March Tournaments:

- Only gamble what you can afford to lose – set a limit and stay within it!
- Don’t chase your losses – by wagering on tournaments to win back money.
- Limit alcohol use – alcohol can impair your ability to make healthy decisions.
- Participate with friends – avoid gambling when you are alone or depressed.
- Take a break – if you begin to feel angry, anxious, or out of control.

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



The Maryland Center of Excellence
on Problem Gambling



**PROBLEM GAMBLING
AWARENESS MONTH**