

This March Take Action

Talk about gambling
with someone who's
been there...
someone who can
help...



If you feel like your gambling is out of control,
talk to a *Peer Recovery Support Specialist*.
Peers can help you and your loved ones navigate
resources and remove barriers on the road to
recovery from gambling related problems.

Call or text the Maryland Helpline
1-800-GAMBLER (1-800-426-2537)
Scan the QR code below or visit
www.HelpMyGamblingProblem.org

