

Gambling activities could become a problem

It's not just an
individual problem
It affects the whole
family



Be **AWARE** of the risks ~ Take a **BREAK** ~ Have a **PLAN**

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



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling



PROBLEM GAMBLING
AWARENESS MONTH