

# IS YOUR GAMBLING OUT OF CONTROL?

- Have you ever felt the need to bet more and more money?
- Have you ever had to lie to people important to you about how much you gamble?

An answer of “Yes” to either or both of these questions may indicate a problem with gambling

CALL



TEXT



CHAT



# 1-800-GAMBLER

**Do you or someone you know have  
problems with gambling?**

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*Where Can You Turn?*

- Voluntary Exclusion Program
  - No-Cost Professional Counseling
  - Talk to Someone RIGHT NOW
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**1-800-GAMBLER**

Help and Hope is available right now  
It's free, confidential, and 24/7

CALL



TEXT



CHAT



We Can Help



maryland alliance for™  
**responsible** gambling