

GAMBLING: High vs Low Risk

**If you think it's a solution,
it may be a problem.**



Gambling can be fun. But for some, gambling can get out of control and result in financial problems, legal issues, family/relationship conflict, and even suicide attempts.

High Risk Gambling — Situations When You Are:

- Coping with grief, loneliness, anger, or depression
- Under financial pressure and stress
- Recovering from mental health or substance use disorders
- Using alcohol or other drugs
- Under legal age to gamble

Low Risk Gambling is Done:

- As a form of recreation, not to make money or make up for previous losses
- With limits on time, frequency, and duration
- In a social setting with others, not alone
- With money you can afford to lose

Keep the Problem Out of Gambling.

**MARYLAND HELPLINE 1-800-GAMBLER
IT'S FREE AND CONFIDENTIAL 24/7**



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What You Should Know Before You Gamble

Keep Gambling Safe

- Gamble for entertainment, not as a way to make money.
- Set a budget and stick to it.
- Don't try to win back losses by more gambling.
- Limit your time to gamble.
- Don't mix drinking and/or taking drugs and gambling.
- Balance gambling with other recreational activities.

ALMOST
90%
OF ADULTS IN
MARYLAND
GAMBLE

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