



The Maryland Center of Excellence on
PROBLEM GAMBLING

GAMBLING

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.

Call 1-800-GAMBLER

IT'S FREE AND CONFIDENTIAL 24/7.

GAMBLING

ALMOST
90%
OF ADULTS IN
MARYLAND
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.

You can get control of your life back. We can help! Call now.



HELPLINE IS FREE & CONFIDENTIAL 24/7

1-800-GAMBLER

VISIT US ONLINE AT:

HelpMyGamblingProblem.org



TEXT US:
1-800-426-2537



CHAT WITH US:
HELPMYGAMBLINGPROBLEM.ORG



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