## DO YOU KNOW SOME ONE WHO NEEDS HELP DUE TO GAMBLING BEHAVIORS?

Have the Conversation with someone who has been there....

- \* Learn about free self-help groups around the state
- \* Learn where the closest gambling counselor can be found at no cost
- \* Learn about resources for gamblers and for family members
- \* Learn how to get written materials delivered free of charge
- \* Take a self-assessment test on your gambling habits
- \* Peer support available for families
- \* Peer support available for individuals

You make the call, we'll provide the help. Take the first step. Call, text or chat.

## 1-800-GAMBLER

 $1\text{--}800\text{--}426\text{--}2537 \sim 24/7 \, \text{Free Confidential Helpline}$ 



The Maryland Center of Excellence on Problem Gambling