



**PROBLEM GAMBLING
AWARENESS MONTH**

March 2024

**An Awareness Toolkit for Community
Health Organizations, Providers,
and Preventionists**



*The Maryland Center of Excellence
on Problem Gambling*



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Introduction and Overview

Problem Gambling Awareness Month (PGAM), held each March, is a grassroots public awareness and outreach campaign created and sponsored by the National Council on Problem Gambling to educate the public and ally with healthcare professionals on problem gambling. The focus is to elicit discussions and to “*Have the Conversation*” about the risks of gambling, the signs of problem gambling, and the resources available nationally and here in Maryland to provide help, hope and recovery for individuals and their families.

“*Have the Conversation*” is more than just all talk. It is an opportunity for an open dialogue and candid discussion to bring awareness to gambling behaviors and resources available within your community if an individual’s gambling becomes problematic. It is also an opportunity to promote action within your organization for integrating problem gambling and gambling disorder into your existing treatment and recovery services.

The Center is committed to reducing stigma and making resources available for help and hope to those and their families in Maryland who suffer in silence from this hidden addiction. Again this year, the Center is encouraging all organizations to participate in **National Gambling Disorder Screening Day on Tuesday, March 12, 2024**.

This March, we invite you to join us in promoting **AWARENESS** of problem gambling and taking **ACTION** to foster the health and well-being of Maryland residents.

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To print: this guide was designed to be printed double sided, long edge.

ACKNOWLEDGMENTS

This guide is a compilation of information provided by the Maryland Center of Excellence on Problem Gambling, the National Council on Problem Gambling (NCPG), and other National organizations.

Promote **AWARENESS**



This March join the Center to promote **AWARENESS** within your organization and your community about the risks of gambling and the resources available to provide help and hope.

- Display PGAM awareness flyers on your bulletin boards. Included in this Guide are 8½ x 11 flyers specifically for PGAM . They can also be sent electronically in e-newsletters or e-mails.
- Add the PGAM logo on your organization’s website. Visit the official website, <https://www.ncpgambling.org/pgam/> for logos and other reference links.
- Create a PGAM email signature for your organization. We have included samples in this Guide.
- Include an article on sports betting awareness or youth gambling; or the poem When Luck Runs Out written by Ken Wolfson, CPRS, RPS, Peer Recovery Support Specialist for the Center, in your monthly newsletter or communications blog. Sample articles and the poem are found in this guide.

The Center can provide additional awareness materials at no cost for your organization, including flyers, rack cards, and business-sized cards with problem gambling prevention and helpline messaging. Complete the Public Awareness Materials Form attached in this Guide, and email it to info@mdproblemgambling.com or Michael Kafes, Communications Manager (mkafes@som.umaryland.edu).

Use this QR code on materials that will send those in need directly to the Center’s help seeker website, www.helpmygamblingproblem.org.



Explore New Information

With the expansion of mobile sports betting in Maryland, more residents may begin to develop problems relating to sports betting activities. Consequently, they will likely be in greater need of information and resources regarding help, hope, and support.

Sports betting

This year, the Center has installed a new section on its websites. This new sports betting section contains pages where residents can get:

- answers to FAQs
- information on the risks of mobile sports betting
- tips on playing responsibly
- resources on screening, getting help, and/or finding a counselor

Center-facing site: <https://www.mdproblemgambling.com/sports-betting-2/>

Help-seeker site: <https://helpmygamblingproblem.org/sports-betting/>

Get the Facts

This year, the Center has contracted with Red House Communications to develop and promote a new PSA campaign called, “GET THE FACTS”. This new campaign will be centered around bringing awareness to the serious consequences of untreated gambling disorder and supplying the public with the information and resources to get help for



themselves or a loved one. Please utilize these PSA cards in your social media and print materials. Contact the Center if you would like more materials from this campaign in order to promote the message and resources.





Take ACTION

- Utilize your organizations' **social media** and **post messages** each day/each week during March. Suggested messages are included in the Social Media section.
- Organize and/or participate in in-person or virtual community events. The Center can provide materials and staff participation.
- Invite the Center's Peer Recovery Support Specialists to present to recovery groups.
- Participate in National Gambling Disorder Screening Day on March 12, 2024. Contact the Center's Clinical Manager, Kristen Beall, LCSW-C, ICGC-I, CAC-AD (667-214-2123, krbeall@som.umaryland.edu) for more information and to have a conversation on how your organization can integrate problem gambling screening tools into its current protocols.
<https://www.mdproblemgambling.com/wp-content/uploads/2023/02/Problem-Gambling-Screening-Guide-v.1-7-18-22.pdf>
- Utilize Peer Recovery Support Specialists for individuals (from the Center) and for families (from Maryland Coalition of Families) struggling with gambling problems. Peers can help navigate resources and remove barriers on the road to treatment and recovery.
- Visit the Center's website mdproblemgambling.com for additional resources.



Sample Articles, Blog Posts, and a Poem

Article #1 Sports Betting

Did You Place a Mobile Bet on the Big Football Game? How about the Upcoming NCAA Tournament?

In Maryland it was possible to bet on the color of the Gatorade used to celebrate winning the big football game. There were also many in-game bets that could be placed in real-time: who will win the coin toss, will the series of plays result in a touch down, field goal, or punt. Now we are moving on to the NCAA Tournament where, for the second year, Marylanders will have the opportunity to place a mobile bet on the basketball tournament.

March is Problem Gambling Awareness Month (PGAM). During this month we promote the importance of preventing underage gambling for youth and problem gambling for adults. With the onset of mobile betting, it is important to realize the increased risks, signs of a problem while betting, and tips for gambling responsibly.

Mobile betting may be riskier for some:

- Bets can be placed at a very fast pace
- Bets can be placed using a mobile device increasing access
- Incentives are offered for betting

Signs of a gambling problem:

- Unable to stop or take a break
- Gambling to try to win money
- Using gambling to cope with problems
- Gambling while under the influence of alcohol or drugs
- Chasing losses
- Lying to family about gambling activity

Tips for safe mobile sports betting:

- Bet using apps that are licensed to operate in Maryland
- Educate yourself on sports betting terminology and how to read sports stats. Understand the types of betting and odds of winning.
- Use betting timers and limit setting tools on daily, weekly, or monthly deposits, losses, and wager amounts available through sports betting apps.



- Know that parlays are riskier than other types of sports betting due to decreased odds of winning.
- Want to block gambling sites for a limited time or completely? Free or low-cost options are available through [BetBlocker](#) or [GamBan](#).
- Want to self-exclude from mobile betting or other forms of gambling in Maryland? For more information visit: <https://www.mdgamblinghelp.org/problem-gambling-info/voluntary-exclusion-program/>
- Bet what you can afford to lose and for entertainment.

This PGAM, have the conversation with a family member, a neighbor, a friend, or those you serve at your workplace. If someone needs help with a gambling problem, have them call, text, or chat 1-800-GAMBLER or visit www.helpmygamblingproblem.org

Please contact the Maryland Center of Excellence on Problem Gambling at info@mdproblemgambling.com or call 667-214-2120 for more information.

Article #2 Youth Gambling

What are Youth Saying About Gambling?

The minimum age for sports betting in Maryland is 21, and for the Lottery, it's 18. During a 2022 high school focus group in Western Maryland, all 15 youth said confidently, "I don't gamble." Yet, at the end of the focus group, when the group was asked to raise their hands if they had ever been given a scratch off ticket, nearly all raised their hands. Do youth know what gambling is?

In 2022, Mohamed Kakay, a Public Health Associate from the Centers for Disease Control and Prevention, and I conducted 30 focus groups on underage and problem gambling across the State of Maryland. Seven of those groups were youth between the ages 12 to 25. Despite the rapidly expanding legalization of gambling across the U.S., most of the youth we interviewed initially found it laughable that we were talking about it. However, not only couldn't they recall a doctor, teacher, or faith-based leader ever talking to them about gambling, but their parents had never discussed the risks associated with gambling. With each passing question, we could see that light bulbs were beginning to go off as to why we were there talking about gambling. Many youth could recall someone they knew who had used their parent's credit card to buy loot boxes or other microtransactions in video games without permission and got in trouble, while others recalled knowing someone who had bet on dice games and lost money. A few



could recall older people they knew losing houses, experiencing family problems, or facing large debts due to excessive gambling. Among each of the 7 youth groups surveyed, you could see a transition in tone and seriousness of the conversations as they were realizing the risks of gambling.

They were saying it was easy to purchase a lottery ticket because merchants don't card. In addition, parents often give their children lottery tickets or play along with them. They said in our society, it appears as though everyone is gambling. Even before mobile betting was legalized in Maryland, youth could easily access gambling on cellphones.

The problems caused by youth gambling mentioned include financial problems, stress, addiction, loss of property, poor school performance, and family problems. The most frequent reason mentioned for youth gambling was advertisements. They see advertising everywhere, mostly popping up on-line.

Through the focus groups, the voices of the youth provided guidance on underage gambling prevention strategies. Research shows that the earlier a person starts gambling, the more likely they are to develop a gambling problem later in their life (NCPG, 2022). The first step is to educate youth on the minimum age for participating in legal gambling activities such as lottery, casino gambling, and sports betting. This is an opportunity to open the discussion as to why gambling is risky for those who are young. Similarly to substance use, gambling addiction is more likely to occur in younger populations due to the brain not being fully developed until age 25 (Arain, M., et. al., 2013). Risk factors for problem gambling in younger populations include: having a parent with a gambling problem, early first age of gambling, increased impulsivity, and having substance use or mental health disorders (Wiber, M. et. al, 2006). Just like with adults, gambling can be used as a negative coping strategy for stress and mental health problems.

Then add to the mix the popularity of video gaming. Video games may contain loot boxes that are like virtual gambling. Money or virtual currency can be used to purchase a mystery box with an uncertain outcome. Youth and parents are often unaware that these features exist in video games. Video games are rated by the Entertainment Software Rating Board (ESRB). Games rated "M" for Mature or "A" for adult are more likely to contain gambling features within the game. Any game purchased that contains gambling features should include a warning label, "Warning: In Game Purchases, includes random items" (ESRB, 2023).

Finally, youth are now exposed to sports betting at a young age. Youth are exposed to ads for sports betting that contain enticing incentives to participate. Sports betting is now legal in 38 States, expanding quickly, all within the last few years (American Gaming Association, 2023) Sports betting is easily accessible in many states through a mobile platform. Bets can be placed



continuously throughout games which increases the excitement and may lead to more spending. Even though there is a minimum age to bet, youth often access these platforms by having a parent or older family member create an account for them or they use illegal sites.

With all of this going on, it still goes back to conversations and education on the topic. Parents or those who work with youth can have conversations about the risks of gambling at a young age. Education on gambling can be included with education on mental health and substance use disorders in health classes or in other educational programs. More research needs to be done on the impact of gambling expansion on our youth.

March is Problem Gambling Awareness Month. This March have the conversation about the risks of gambling with the youth and young adults in your family or those who you serve.

Sources:

Adolescent Gambling, Psychiatry, 2006 Oct

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2945873/>

American Gaming Association <https://www.americangaming.org/>

Entertainment Software Rating Board (ESRB) <https://www.esrb.org/>

Maturation of the Adolescent Brain, 2013, Arain, M.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3621648/#:~:text=The%20development%20and%20maturation%20of%20the%20prefrontal%20cortex%20occurs%20primarily,helps%20accomplish%20executive%20brain%20functions>

National Council on Problem Gambling, Gift Responsibly Campaign, 2022.

<https://www.ncpgambling.org/programs-resources/gift-responsibly-campaign/>



[A Poem from a recovered Gambler](#)

When Luck Runs Out

He awoke again this morning, with despair his only friend,
he looked around the Casino garage, packed with cars from end to end.
Another night of gambling, credit cards are all maxed out,
And when he walked into his house, his wife began to shout!

“Where have you been, no wait...I know, you’ve blown the monthly rent”,
And the money for the kid’s school clothes, I see has come and went!”
“5 times a week you disappear and return without a dime”
Excuses and Lies about where you’ve been, more wasted precious time!

“You’re not the man that I once knew”, and so... off came the gloves,
“We never should have married”, you like gambling more than love!
The stinging insults back and forth, barbs of hate, doors slammed with force,
And like so many times before, she quietly cries, praying he’ll change course.

“I just can’t take this anymore” she cries in desperation,
“You love your Gambling more than us, a twisted fascination”!
Her patience gone, she grabs some things and knows what she must do,
The hardest thing she’s ever done, she shout’s **“I’m leaving you”!**

The house now way too silent, from his gambling dereliction,
As if on que, the landlord knocks, announcing his Eviction!
He thinks “next time I’ll hit it BIG, and that will change my life”,
It sure changed things at home for him, no children, and no wife.

The weeks go by, more gambling tried, more money did he drop,
Using funds, he gained, from selling things, to Sam at the Pawn shop!
The wedding gifts of silver, the statue on the shelf,
the big Samsung TV he thought, would soon bring him great wealth.



But once again, the dream becomes, a reckless night of loss,
A message on his phone then reads, YOU'RE FIRED, signed, your boss!
He's lost it all, his luck's run cold, as if there were no warning,
Alone he sits, the casino garage, on a snowy, Christmas Morning.

Although he's quite a brilliant guy, he has this strange addiction,
He thinks out loud, I'll end it all, and just die from this affliction.
Just then he heard, a commercial play, in his beat up 4 door Rambler,
"Bring your problem to us, there is help and there's hope, at I-800-GAMBLER"!

And now fast forward several years, his abstinence is Bliss,
Not one day does he ever think "my gambling I sure miss,"
His wife and children have returned, he works hard on gambling sobriety,
He now admits, as Problem Gamblers go, he's of the garden variety.

In closing therapists and counselors,
PLEASE hear my one prediction,
Your screening for problem gambling
grows recovery from addiction!

**-Ken Wolfson, CPRS, RPS, 2023
Peer Recovery Support Specialist**



QR Codes

A QR Code, or quick response code is a grid of black and white squares or pixels that store data for a cell phone read. They can contain a variety of information, including site addresses, content, event details, etc. The Center uses QR codes to make it as easy as possible for help seekers and professionals to get the information they need to become better informed.

Please incorporate QR codes if you would like to point folks to any of the following:

MDProblemGambling.com

The Center's: general information site for public, community service, health, and treatment organizations, as well as Trainings for treatment professionals, resources and research on gambling,

- Webinars
- Awareness materials & information
- News & Events



HelpMyGamblingProblem.org

A website for access to immediate information, resources and help including:

- 1-800-GAMBLER
- No Cost Treatment
- Peer Support



[Gambling Self-Assessment/Self-Screen](#)

Please refer anyone to this page to take a problem gambling self-screening tool. This is a 10 question instrument that can help a person identify the severity of their gambling.



<https://helpmygamblingproblem.org/Facts>

Please feel free to utilize this QR Code when using any picture assets related to our Get the Facts PSA campaign. Contact Mike Kafes mkafes@som.umaryland.edu if you would like to assist us with promoting this or any PGAM initiative.





Email Signatures

Signature ideas to add into your organization's email or post them on your Facebook page:

PGAM Email Signature #1:



This March remember,
Every Story Matters for help and hope.
HELPLINE: 1-800-GAMBLER
helpmygamblingproblem.org

PGAM Email Signature #2:



Think you, or someone you
know has a gambling problem?
Every Story Matters
Call: **1-800-GAMBLER** today and
speak with Someone who's been there.

PGAM Email Signature #3:



March 2024 is Problem Gambling Awareness
Month and **Every Story Matters**. Share your story
& give someone hope for gambling recovery



PGAM LOGOS

Utilize the PGAM logo on your website and social media. PGAM Logo formats can be found on <https://www.ncpgambling.org/pa-resources/access-the-pgam-toolkit/>



SOCIAL MEDIA

Engage with Us:

We invite you to engage with and share the Center's social media messaging in March:

- Like us and share our posts on [FACEBOOK](#)
- Follow us and retweet our posts on [TWITTER](#) and
- Follow us on [INSTAGRAM](#) and share/comment on our posts
- Subscribe, like, and watch our videos on [YOUTUBE](#)



Posting Examples:



March is Problem Gambling Awareness Month. Learn more about this hidden addiction.

[#PGAM2024](#) [#MDCEPG](#) [#ProblemGambling](#)

<http://ow.ly/Rz3850N5pSE>

<https://www.mdproblemgambling.com/pgam-2024/>



Does your doctor ask you about your gambling? They should—screening helps. Tuesday, March 12th, is Gambling Disorder Screening Day – learn how to host your own Screening Day!

[#PGAM2023](#) [#MDCEPG](#) [#ProblemGambling](#) [#ScreeningDay](#) [#NoCostTreatment](#)

<https://www.mdproblemgambling.com/gambling-disorder-screening-2023/>



It is estimated that 1 in 10 Americans will complete a tournament bracket and the median size of a wager on a game outcome was \$30. If you bet, are your wagers higher than the norm?

[#PGAM2023](#) [#ProblemGambling](#) [#MDCEPG](#) [#MarchMadness](#) [#NCAA](#)

<https://www.mdproblemgambling.com/march-2023/>



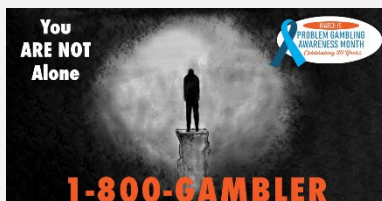
Family history of problem gambling?

You could be at risk.

If you or someone you know is struggling, we can help you.

[#PGAM2024](#) [#MDCEPG](#) [#ProblemGambling](#) [#NoCostTreatment](#)

<https://helpmygamblingproblem.org/>



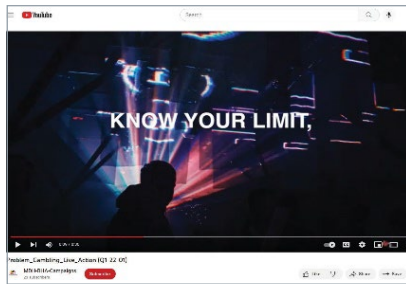
People with gambling problems often also have high rates of depression and increased rates of suicidal behavior. You are not alone. [#PGAM2024](#) [#ProblemGambling](#) [#MDCEPG](#)

<http://ow.ly/Wvmn50N5qCn> <https://helpmygamblingproblem.org/>



Share our Videos:

PSA #1



Use this link to share: https://youtu.be/KRc3pv-L_sQ

Use this HTML code to embed the video:

```
<iframe width="570" height="321"
src="https://www.youtube.com/embed/KRc3pv-L_sQ"
title="Problem_Gambling_Live_Action (Q1-22-01)"
frameborder="0" allow="accelerometer; autoplay; clipboard-write;
encrypted-media; gyroscope; picture-in-picture; web-share"
allowfullscreen></iframe>
```

Use this link to share: <https://youtu.be/axDS8jCawZY>

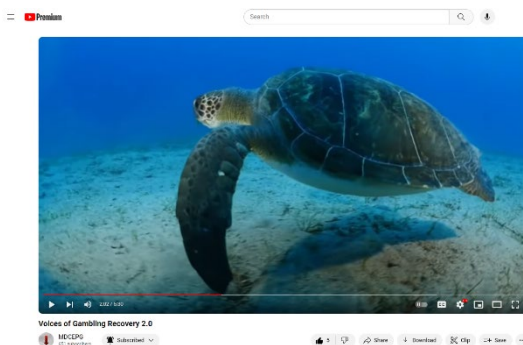
Use this HTML code to embed the video:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/axDS8jCawZY?si=Sbu
0_ERyO7rNI5Sx" title="YouTube video player"
frameborder="0" allow="accelerometer; autoplay; clipboard-
write; encrypted-media; gyroscope; picture-in-picture; web-
share" allowfullscreen></iframe>
```

PSA #2



Voices of Gambling Recovery 2.0



Use this link to share: <https://youtu.be/fZGjeFayyII>

Use this HTML code to embed the video:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/fZGjeFayyII?si=NFnN
pkyP5L5os6IL" title="YouTube video player"
frameborder="0" allow="accelerometer; autoplay; clipboard-
write; encrypted-media; gyroscope; picture-in-picture; web-
share" allowfullscreen></iframe>
```



You may also find the following videos useful:

Glenn's Gamble – <https://www.youtube.com/watch?v=sHPea-aClaE>

A decorated Marine's journey into the throes of a gambling addiction which left him incarcerated, homeless, and hopeless. This 25-minute documentary brings us through Glenn's incredible experiences of growth and recovery.

Understanding Joy – <https://www.youtube.com/watch?v=03kQXimVcrw>

This documentary tells the story of Joy, a 56-year-old mother who once held a job as a bookkeeper for a small business in Western Maryland. Joy shares her story with fellow inmates at the Maryland Correctional Institute for Women, serving a sentence for her second conviction of theft after stealing more than \$100,000 from her employer.

Promote the Center with this Video:

How to get on the Road to Recovery - <https://www.youtube.com/watch?v=4O6KtQAJwa8>

As online and mobile sports betting becomes legal in more states around the country, problem gambling centers are receiving calls for help. At the University of Maryland Center of Excellence on Problem Gambling, you can get counseling and a referral for treatment.



For More information

For additional information on the resources listed in this Guide, please contact:

Heather Eshleman, MPH
Prevention Manager
heshleman@som.umaryland.edu
Office Direct: (667) 214-2128

Michael Kafes
Communications Manager
mkafes@som.umaryland.edu
Office Direct: (667) 214-2124

Flyers & Resources

The following pages contain Flyers that you can share digitally with your organization and community via email, social media, and/or on your website. You are also encouraged to print them out and post them in your office and physically distribute them among your community.

Don't Get Sacked Poster

Screening Day Flyer

Screening Resource

Have the Conversation Peer Flyer

Peer Map Resource

No Cost Treatment Flyer

Sports Betting

Basketball Awareness Poster

Baseball Awareness Poster

DON'T GET SACKED BY RECKLESS BETTING

Know The Odds
& Set A Limit



Scan the QR Code to Learn the Risks

Is your sports betting becoming a problem?
call, text or chat **1-800-GAMBLER**

 UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

March 12, 2024

Gambling Disorder Screening Day

Gambling problems
often go undetected.

A problem gambler will
affect 7-10 people
in their immediate circle.

People can become
addicted to gambling.

Recovery from gambling
problems is possible.



Problem gambling SCREENING can open the door to a conversation about someone's gambling activities and provide a direct connection to helpful resources like "no cost" treatment for Maryland residents.

FREE & CONFIDENTIAL SCREENING 24/7

Call or text the Maryland Helpline,

1-800-GAMBLER (1-800-426-2537)

scan the QR code below or visit: HelpMyGamblingProblem.org



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling



PROBLEM GAMBLING
AWARENESS MONTH

→ EVERY STORY MATTERS

Do You Have a Gambling Problem?

- 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?

Scan the QR Code to Take a More Detailed Screening



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

**FOR FREE & CONFIDENTIAL
SERVICES WITH A PROFESSIONAL**

**Call ~ Text ~ Chat 24/7
the Maryland Helpline**

**1-800-GAMBLER
(1-800-426-2537)**

This March Take Action

Talk about gambling
with **someone** who's
been there...
someone who can
help...



If you feel like your gambling is out of control,
talk to a *Peer Recovery Support Specialist*.
Peers can help you and your loved ones navigate
resources and remove barriers on the road to
recovery from gambling related problems.

Call or text the Maryland Helpline
1-800-GAMBLER (1-800-426-2537)
Scan the QR code below or visit
www.HelpMyGamblingProblem.org



Peer Recovery Support Specialists



The Maryland Center of Excellence
on Problem Gambling

The Maryland Center of Excellence on Problem Gambling (the Center) offers Peer Recovery Support Specialists to help individuals seeking to limit, control or stop their gambling. The Center's Peers have lived experience with addiction and have been in recovery a minimum of two years. They are trained in how to assist those seeking help with gambling behaviors by providing access to treatment, connecting them to resources, and supporting them with encouragement during the recovery process.

If you, or someone who know, is struggling with problems due to gambling behavior, call the **Maryland Helpline** today at **1-800-GAMBLER** or visit **HelpMyGamblingProblem.org**



Baltimore City

James (Jim) Nowlin, CPRS, Certified Peer Recovery Support Specialist

☎ 410-299-1791 ✉ jnowlin@som.umaryland.edu



Northeast Central Maryland

Kenneth (Ken) Wolfson, CPRS, CRC, RPS, Certified Peer Recovery Support Specialist

☎ 443-690-9811 ✉ kwolfson@som.umaryland.edu



Western Maryland

Carin Miller, CPRS, CRC, Certified Peer Recovery Support Specialist

☎ 410-299-1308 ✉ carin.miller@som.umaryland.edu



Southern Maryland

William (Will) Hinman, CPRS, CRC, Certified Peer Recovery Support Specialist

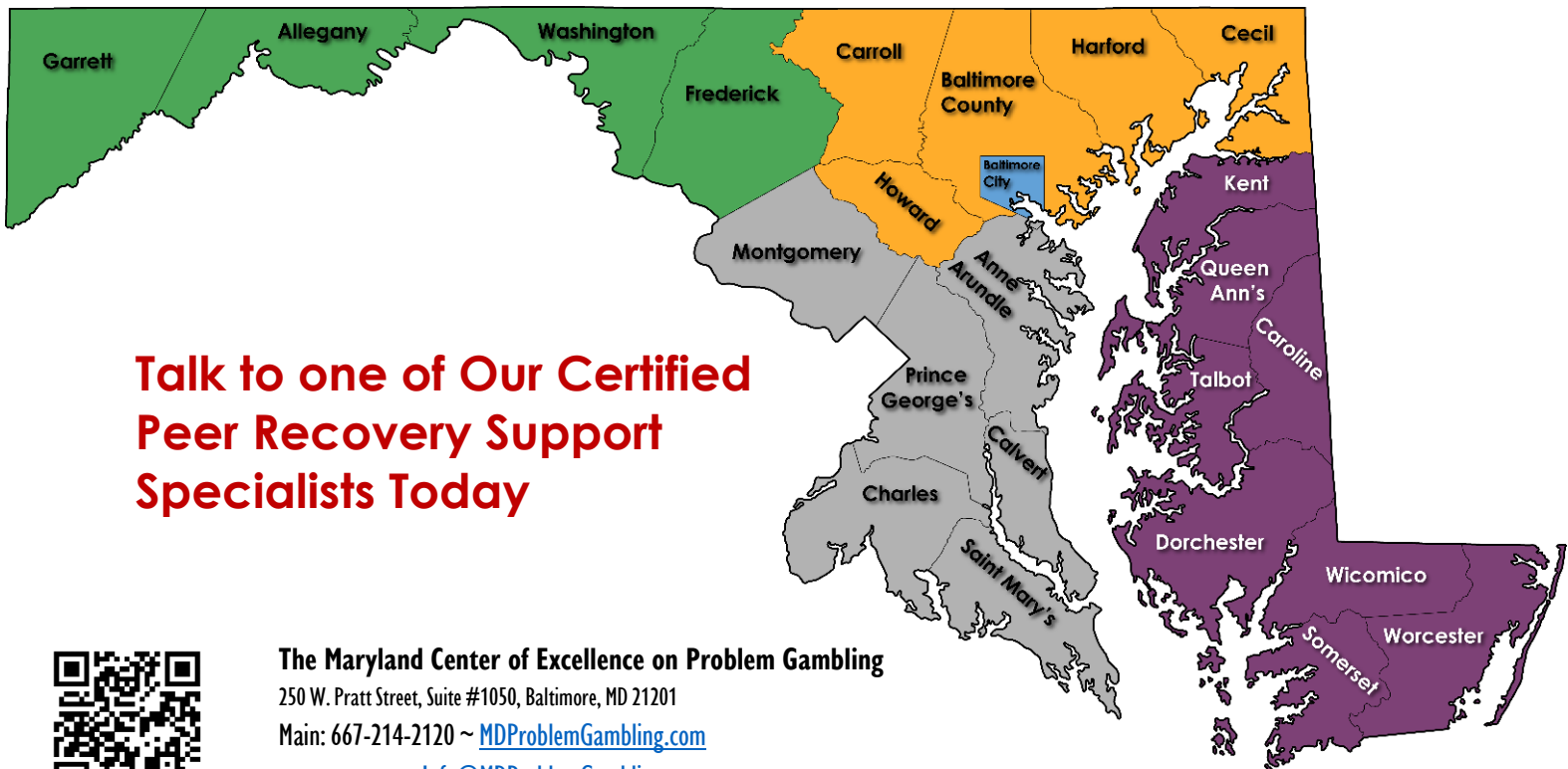
☎ 443-717-2439 ✉ whinman@som.umaryland.edu



Eastern Shore

Kenneth (Kenny) Crawford, CPRS, CRC, Certified Peer Recovery Support Specialist

☎ 443-717-1137 ✉ kenneth.crawford@som.umaryland.edu



**Talk to one of Our Certified
Peer Recovery Support
Specialists Today**



The Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street, Suite #1050, Baltimore, MD 21201

Main: 667-214-2120 ~ MDProblemGambling.com

Info@MDProblemGambling.com

No Cost Treatment Now Available for Anyone Wanting Help for a Gambling Problem



Counseling for gambling problems at no cost to Maryland residents is available for anyone seeking help regardless of insurance coverage, financial status, or ability to pay.

Financial support through the Problem Gambling Fund, managed by the Maryland Department of Health's Behavioral Health Administration, supports this effort to remove the barriers to treatment for anyone with a gambling disorder

Individuals and/or family members can receive help for a gambling problem without adding any additional financial burden

Call the Center if you are a provider interested in joining the Maryland Problem Gambling Provider Referral Network (667) 214-2120

If you or someone you know is gambling problematically or struggling with gambling addiction, call, text or chat:

1-800-GAMBLER (1-800-426-2537) or visit
www.helpmygamblingproblem.org



The Maryland Center of Excellence
on Problem Gambling



MOBILE BETTING ON YOUR FAVORITE SPORTS?

If you are 21+ and physically present in Maryland it is legal to sports bet
BEFORE YOU JOIN THE EXCITEMENT OF SPORTS BETTING CONSIDER THESE TIPS...

TIPS for Safe Mobile Sports Betting:

- Only bet through Licensed operators
- Educate yourself on betting terminology, how to read stats, types of bets and odds of winning
- Set limits on wagers, time spent, deposits, and losses
- Want to block gambling sites? Use BetBlocker or GamBan
- Bet what you can afford to lose, for entertainment, not to win money
- Want to self-exclude from mobile betting? The Voluntary Exclusion Program is available
- To make clear decisions, avoid alcohol use while gambling

Signs of a Gambling Problem:



Always thinking of betting



Chasing losses



Unable to take a break



Lying about gambling



Using gambling to cope



Using more than planned or borrowing money

If some of these signs apply to you or a loved one, help is available...

Scan QR Code



maryland alliance for
responsible gambling

This March, take the “madness” out of Sports Betting

The 2024 NCAA Basketball tournament begins on March 19th. Excitement is building, and many look forward to completing tournament brackets with their friends, whether sponsored by an organization or their favorite betting app.



For most, completing and “betting” on March basketball brackets is a fun, competitive group activity. But **for some**, this activity may become problematic for individuals as well as their loved ones.

Here are some tips to take the madness out of March Tournaments:

- **Only gamble what you can afford to lose** – set a limit and stay within it!
- **Don’t chase your losses** – by wagering on tournaments to win back money.
- **Limit alcohol use** – alcohol can impair your ability to make healthy decisions.
- **Participate with friends** – avoid gambling when you are alone or depressed.
- **Take a break** – if you begin to feel intense anger, anxiety, or out of control.

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**



The Maryland Center of Excellence
on Problem Gambling



**PROBLEM GAMBLING
AWARENESS MONTH**

→ **EVERY STORY MATTERS**



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CURVE BALL?

Don't Strike Out, Call:

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