

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

