

# 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](http://www.HelpMyGamblingProblem.org)**

