

# 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

1-800-426-2537 ~ 24/7 Free Confidential Helpline



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

The Maryland Center of Excellence  
on Problem Gambling