

Gambling recovery does not need to be a solo journey...

have the conversation with someone who “has been there.”



Gambling Peer Recovery Specialists

help individuals limit, control or stop their gambling by connecting them to the most useful resources in their communities.

Peers have lived experience in addiction and can support your path to recovery by:

- Helping you access counseling treatment at no cost to limit your gambling or stop it all together.
- Connecting you to resources wherever you live in Maryland that will support your recovery process.
- Providing continued support and encouragement so you can continue to work toward your goals.

Call or text today

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

and ask to speak with a Peer. (it's free and confidential)

Helpmygamblingproblem.org



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

**The Maryland Center of Excellence
on Problem Gambling**

**Does someone you love
have a gambling problem?**

You are not alone.



Have you felt tired, frustrated, angry or overwhelmed as you struggle to help a loved one facing gambling issues? We understand what you're going through, because we've been there.

Our trained staff have cared for a family member or other loved one with gambling issues and are available to offer you free, confidential support as well as information and resources.

We've been there. We can help.

*For additional information or to find help in
your community, contact us today.*

**410-730-8267 | info@mdcoalition.org
mdcoalition.org**

