



Finding your path toward **GAMBLING RECOVERY**
does not need to be a solo journey.
HAVE THE CONVERSATION with someone
who “has been there”

Recovery is a personal journey of hope, purpose and growth. A **PEER RECOVERY SUPPORT SPECIALIST** can support you on your journey and connect you with the resources you need:

- Help to access treatment at “no cost” to limit, control or stop gambling behavior;
- Connection to resources for additional support; and
- Encouragement to continue to work toward goals.

PEER RECOVERY SUPPORT is available whether you are an individual struggling with problems due to gambling behavior or a family member affected by these behaviors.

START YOUR RECOVERY TODAY!

Call or text **1-800-GAMBLER (1-800-426-2537)** or
visit **[HelpMyGamblingProblem.org](https://www.HelpMyGamblingProblem.org)**



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling