

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 MD Problem Gambling Helpline
1-800-GAMBLER (1-800-426-2537)
Scan the QR code below or visit
www.HelpMyGamblingProblem.org

