

HAVE THE CONVERSATION... 1-800-GAMBLER

About the risks of
gambling and...

How to keep
gambling safe

Call, Text (1-800-426-2537)
or Chat (HelpMyGamblingProblem.org)



- Confidential, 24-7
- Knowledgeable listeners
- Resources for help and information
- Referrals to counselors

HelpMyGamblingProblem.org



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

