

Gambling Services

A No Cost Program

*ARE YOU OR A LOVED ONE STRUGGLING
WITH GAMBLING?*

Upper Bay Counseling & Support Services, Inc. is now offering no cost treatment for anyone concerned about their own gambling, or the gambling of a loved one or friend. No cost gambling services are located in [Cecil County & Harford County](#).

No Cost Treatment Offers:

- ◆ Individual therapy with a skilled clinician.
- ◆ Co-occurring treatment for additional mental health disorders.
- ◆ Connection to resources to support you or your loved one.
- ◆ Psycho-education on the effects of gambling on the gambler or loved one.



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling



Upper Bay Counseling
& Support Services, Inc.

Helping Individuals ~ Strengthening Families ~ Uniting Communities

Eligibility

- ◆ No insurance needed.
- ◆ Must either identify with problems related to gambling or have a loved one or friend who has problems with gambling.
- ◆ Must have a photo ID.

*If you have concerns about your gambling
or the gambling of your loved ones,
Upper Bay can help!
Contact our Intake/Assessment Team for
more information at:*

410-996-3450 or toll free at 800-467-0304

Call, text or chat

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

Helpline is free & confidential, available 24/7

www.helpmygamblingproblem.org

 **HAVE
THE
CONVERSATION** 



upperbay.org

