

Is gambling becoming a problem for you?

- Do you think about gambling every day?
- Do you hide your gambling from family and friends?
- Do you ever borrow money to gamble?
- Do you let bills go unpaid?
- Is your gambling affecting your work or role as a partner or parent?
- Do you think you can use skill to win on a pokie machine?
- Do you gamble to forget your problems?

If you answered yes to any of these questions, you may be experiencing issues with gambling.

Find the support that's right for you.

Visit gamblershelp.com.au

**Concerned about
your gambling?**

Support is available



We provide free and confidential support in Arabic, Cantonese, Mandarin and Vietnamese. We can also arrange an interpreter for other languages on request. Visit gamblershelp.com.au for more information.

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. For more information visit relayservice.gov.au



Many ways to **get support**

If you or someone you care about is experiencing problems with gambling, help is available.

We understand that gambling affects people from all walks of life and in different ways. That's why we offer many ways to get support.

Find the support that's right for you.



Phone

Talk to someone

You can call Gambler's Help 24 hours a day, seven days a week for free, confidential information, advice and counselling.

Call **1800 858 858**



Face to face

Meet a counsellor

Gambler's Help offers face-to-face counselling on a one-off or ongoing basis.

Call **1800 858 858**



Financial counselling

Get help with your finances

Financial counsellors can help you address financial problems related to gambling.

Call **1800 858 858**



Family & friends

Support for family and friends

If someone else's gambling is affecting you, we offer free, confidential information, advice and support.

Visit **gamblershelp.com.au**



Peer support

Talk to people like you

We can help you find support from others who have gone through similar issues.

Call **1800 858 858**



Young people

Are you under 25?

Call our dedicated Gambler's Help Youthline for a confidential chat.

Call **1800 262 376**



Online support

Get immediate help online

Email or chat live with a counsellor 24 hours a day, seven days a week.

Visit **gamblinghelponline.org.au**



Help yourself

Tools to help yourself

Self-help tools can help you build your confidence and work through your concerns in your own time, at your own pace.

Visit **gamblershelp.com.au**

Your **next step** is **easier** than you think

Many people just like you have resolved their gambling problems by seeking help through our support services.

We know taking the first step can be hard. But once you decide to get support, the rest is easier than you might think.

Based on our experience, we know that any form of support can help.

Find the support that's right for you.

Visit **gamblershelp.com.au**

Gambler's Help services

Free Confidential 24/7

Our counsellors are trained and experienced to help you.

We understand what you're going through.

We can help you find ways to deal with your problems and support you for as long as you need.

At the very least, you'll find it a relief just to talk to someone.

Our services are completely confidential and free.



Gambler's Help
1800 858 858

gamblershelp.com.au