

# Gambling Helpline

1800 858 858

[gamblinghelpqld.org.au](http://gamblinghelpqld.org.au)

Free and confidential advice 24/7  
about your own or someone  
else's gambling

## What are some of the warning signs?

- Spending more than you intend.
- Arguing with family and friends.
- Worried about your gambling.
- Chasing losses.