

Warning signs

- Spending more time or money than you planned.
- Arguing with family and friends after gambling.
- Having an urge to return as soon as possible to win back losses.
- Feeling guilty or remorseful about gambling.
- Borrowing money or selling assets to gamble.
- Gambling to escape problems or feelings.
- Missing work or study to gamble.
- Hiding the extent of your gambling.

Gambling**h**elp
QUEENSLAND



Interpreter

For access to an interpreter in your own language call **131 450** and ask to be connected to the Gambling Helpline.



Queensland
Government

23_20090RP

*When gambling
took over...*



**It's OK to
ask for help**

1800 858 858

FREE AND CONFIDENTIAL 24/7

LIFELINE 13 11 14 | 24 HOUR CRISIS SUPPORT | SUICIDE PREVENTION

Gambling Helpline

If you are concerned about your gambling or someone else's call the Gambling Helpline on 1800 858 858 for free and confidential support 24 hours a day, 7 days a week.

Services include:

- Telephone counselling
- Crisis support
- Information and referral to the closest Gambling Help service for face-to-face assistance.

Gambling Helpline
1800 858 858

Face-to-face

Gambling Help offers free and confidential face-to-face counselling in locations across Queensland. Operating during business hours, they offer a range of services to gamblers and their families and friends including:

- Counselling
- Support groups
- Information and referral to a range of other services such as financial or relationship counselling, if required
- Assistance with banning yourself from gambling venues.

Online chat

Free, anonymous and confidential professional counselling via live online chat and email is available 24 hours a day, 7 days a week at gamblinghelponline.org.au

Self-help

Self-help is the most widely used type of help used by people wanting to change their gambling. Download our self-help guide at gamblinghelpqld.org.au or call **1800 858 858** for more options.