

# Supports available and next steps



Is your own or someone else's gambling or gaming stopping you from getting where you want to be?

There are many options for getting help. Find one that suits you.

## Self-help tools

Sometimes all someone experiencing gambling harm needs are self-help tools and gambling information to help them take some steps. [Read more about self help.](#)

## Thinking straight

Thinking straight can help tackle gambling. By understanding thoughts when the gambling urge strikes, and how to change these thoughts, people can take a considered approach to stopping the urge. [Read more about thinking straight.](#)

## Taking control

It can be helpful for people experiencing gambling harm to decide whether they want to completely stop gambling or just cut down. [Read more about strategies for deciding to stop or cut down.](#)

## Self-exclusions

Self-exclusion (or self-banning) is a voluntary process where a person experiencing gambling harm excludes themselves from areas of specific gambling venues, or online providers. [Read more about self-exclusion.](#)

## Ask for support

Sometimes people just can't do it by themselves. This is why it's important to find someone who can help change a gambler's thinking about gambling. This support is for family and friends affected by gambling too. [Read more about asking for support.](#)

## Look online

[Gambling Help Online](#) is available 24 hours a day, seven days a week. The website enables people to talk to a counsellor using chat or email, find information, get tips and tools for dealing with gambling, or join a forum to talk with other people dealing with gambling.

## Phone the Gambling Helpline 1800 858 858

Call for crisis management, counselling, advice, information or a referral to face-to-face counselling. Calls from landlines are free. Calls from mobile phones may be charged.

## Get more information

- Check how much is being spent on gaming and gambling using the [Gambling Calculator at Gambling Help Online](#)
- Check whether someone is at risk of experiencing gambling related harm by using the [Self-Assessment at Gambling Help Online](#)
- Check out the [Helping Others section of Gambling Help Online](#)
- Talk to a counsellor online using [real-time online chat](#) or by [using email](#)

# Support ✨ available and next steps continued

## Get some help

- Try the **Self-Help tools at Gambling Help Online** (anonymous login required)
- Talk to a Gambling Helpline counsellor by phone on 1800 858 858. They're available 24 hours a day, 7 days a week, no need to self-identify
- Talk to a Gambling Help counsellor online - available 24 hours a day, 7 days a week, which is completely anonymous. People can **email questions** or **chat to a counsellor in real time**
- Check out resources and support options near you by exploring more on the above websites

**Note:** An anonymous login is required for online chat or email. Helpline calls from landlines are free. Calls from mobile phones may be charged.



## Regional Supports

### ACT

1800 858 858

<https://racr.org.au/services/counselling-services/gambling-counselling-support-service>

### New South Wales

1300 651 728

Multicultural Problem Gambling Service  
1800 856 800

Warruwi Gambling Help and Aboriginal counsellors  
1800 752 948

Youth Support  
(02) 9835 8040

<https://www.anglicare.org.au/what-we-offer/counselling/gambling-help/>

### Northern Territory

(08) 8946 4800

<https://www.anglicare-nt.org.au/service/problem-gambling-financial-counselling/>

### Queensland

1300 364 277

<https://www.raq.org.au/services/gambling-help-program-ghs#section-page-4>

### South Australia

(08) 8232 3333 or 1800 002 424

<https://problemgambling.sa.gov.au/help-and-support/help-services>

### Tasmania

Anglicare Tasmania offers the Gambler's Help service in the South and the North West of Tasmania. Relationships Australia Tasmania facilitates this service in the North.

1300 364 277

<https://tas.relationships.org.au/gamblers-help/>

1800 243 232

<https://www.anglicare-tas.org.au/gamblers-help-service/>

### Victoria

1800 244 323

<https://www.anglicarevic.org.au/our-services/financial-counselling/gamblers-help/>

### Western Australia

(08) 9325 6644

(08) 9721 5177 (Bunbury)

<https://www.centrecare.com.au/metro-services/gambling-help-metropolitan-and-rural/gambling-help-wa>