

# Worried about your own or someone else's gambling?

Should I talk  
to my mate about  
their sports betting  
obsession?

Betting is  
stressing  
me out.

Help!  
I can't stop  
playing online  
casino games.

How can  
I help my  
mum quit  
the pokies?



## Help is available for under 25s.

It's 100% free, anonymous, confidential and available 24/7.

### Talk to someone

call Gambler's Help Youthline  
on 1800 262 376

or

### Chat online

Gambling Help Online  
Visit [gamblinghelponline.org.au](http://gamblinghelponline.org.au)



Scan Me



**Gambler's  
Help**

