

**BE AHEAD  
OF THE  
GAME**

## Get support



This factsheet contains information about the support options available to anyone who is worried about gambling or any other issues.

Whether you're worried about your own gambling or someone else's, free and confidential help is available. From phone support, online chat, and face-to-face counselling services, there are options to suit everyone.

### Gambler's Help Youthline

Free, anonymous, confidential, 24/7 gambling support and advice for people under 25.

Call **1800 262 376** or visit [gamblershelp.com.au/youthline](https://gamblershelp.com.au/youthline)

### Gambling Help Online

Live chat with a counsellor if you're worried about your own or someone else's gambling.

Visit [gamblinghelponline.org.au](https://gamblinghelponline.org.au)

### Gambler's Help

Free, confidential, 24/7 support and advice, self-help tools and information for anyone worried about gambling. Includes help in other languages and support for First Nations people.

Call **1800 858 858** or visit [gamblershelp.com.au](https://gamblershelp.com.au).

## HeadSpace

Mental health and wellbeing support, resources and counselling for young people.

Visit [headspace.org.au](https://headspace.org.au).

## Kids Helpline

Free, private phone counselling and webchat for under 25s on a wide range of issues, including gaming addiction.

Call **1800 55 1800** or visit [kidshelpline.com.au](https://kidshelpline.com.au)

## eSafety

Helping Australians have safer and more positive experiences online.

Visit [esafety.gov.au](https://esafety.gov.au).

## Lifeline

If you are experiencing a personal crisis, call [Lifeline](https://lifeline.org.au) on **13 11 14** or [chat online](https://lifeline.org.au).

If your life is in immediate danger, call **Triple Zero (000)**.