

# Gamblers Help

**FREE**  
confidential  
service

If gambling has become a problem, you are not alone.

Gambling can quickly get out of control.

If gambling is affecting you or your family, our professional counsellors are here to support you. We can help you to set and achieve your goals.

**Stop. Control. Reduce. Your goals, your choice.**

Our counsellors support people to reduce the harm of gambling through:

- professional counselling
- support groups
- financial counselling
- arranging a self-exclusion order on your behalf.

**Contact us today.**

If you require counselling outside of business hours, contact 1800 858 858.

Gamblers Help is funded by the Tasmanian Government through the Department of Premier and Cabinet.



1800 243 232  
anglicare-tas.org.au