

If you or someone you know needs support, please use the contact details for services below.

ACT Support Services

ACT Gambling Support Service

For free confidential support or to make an appointment with a counsellor in your area.

Call: 1800 858 858, or go to <https://actgamblingsupport.org.au/>

Australian Support Services

Gambler's Help

For free confidential support or to make an appointment with a counsellor in your area. Call: 1800 858 858

Gambler's Help Online

Go to <http://www.gamblinghelponline.org.au/foronlineassistance>

Lifeline

Lifeline provides free professional and confidential telephone counselling, support and information services. Call 13 11 14

Beyond Blue

Beyond Blue provides free, confidential 24/7 support, counselling, and resources. Call: 1300 22 4636, or go to <https://www.beyondblue.org.au/>

