

# One more punt and I'll be rolling in it



## Don't bet on it.

If you think a friend is having problems managing their gambling, you can help them get confidential, free advice and support. You or your friend can call the **Gambling Help Hotline** or visit: [www.gamblinghelp.nsw.gov.au/youth](http://www.gamblinghelp.nsw.gov.au/youth).

**1 800 858 858**

Speak in English

**1 800 856 800**

Speak in all other languages

gambling **HELP**

PHONE • FACE TO FACE • ONLINE

[www.gamblinghelp.nsw.gov.au](http://www.gamblinghelp.nsw.gov.au)



Customers can call the 1800 numbers free of charge from fixed line phones from anywhere in Australia. Most mobile service providers do not charge for calls to 1800 numbers, but please check with your service provider.