

I think my partner has a gambling problem

Why is it all so difficult?

I want to beat the urge to gamble

Where can I get help?



**Gamblers Help**  
**1800 858 858**

**Online:** 24/7 services offer comprehensive self-help and counselling via email or chat  
[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

**Phone:** 24/7 Gamblers Helpline  
Tasmania offers advice, information and telephone counselling  
**1800 858 858**

**In person:** Face to face personal, group and family support is available from Anglicare Tasmania  
**1800 243 232**

Gamblers Help services are free and confidential.  
Funded by the Tasmanian Government through the Community Support Fund

# KNOW YOUR ODDS

The longer you play  
The more you lose



Tasmanian  
Government