

WOULD YOU LIKE TO TAKE A BREAK?

If you're gambling but not having a good time, there are ways to take a break.



GAMBLING CAN HARM ANYONE

You might want to cut back or step away completely.

Taking a break from gambling can be a useful step.

SUPPORT AND INFORMATION ARE AVAILABLE

If you'd like to know more about your options:

- Ask to speak to a venue's Gambling Contact Officer or
- Complete the ACT Gambling Self-Exclusion Enquiry Form (via the QR code)



NEED TO TALK NOW?

Call the free, confidential Gambling Helpline 24/7 on 1800 858 858. You can also self-exclude from national online and telephone gambling anytime. Visit www.betstop.gov.au.

