

**Gambling doesn't have a face.
Anyone can be affected.**

Gambling can cause problems in lots of ways. They can be invisible and hidden for many years.

This may include things like:



Financial problems



Relationship difficulties



Health problems, such as difficulty sleeping



Emotional or psychological distress



Reduced performance at work or study

**Call Gambling Help for free,
confidential support, available 24/7**

☎ 1800 858 858

For support in other languages



Call the Multicultural Problem Gambling Service

☎ 1800 856 800