

4. ways to protect yourself from gambling harm

1. Set a time and money limit and stop gambling when you reach it.
2. Take regular breaks from gambling.
3. Check your activity statement to help you stay on top of your spending.
4. Ask the venue how you can self-exclude or use BetStop to ban yourself from gambling.

For free and confidential support in your own language, call 1800 858 858, visit gamblershelp.com.au or scan the QR code below.

