

Gamblers Help Service

FREE and
confidential
service



1800 243 232
anglicare-tas.org.au

If gambling has become a problem, you are not alone.

The Gamblers Help counselling service is available to all Tasmanians. It is designed to provide support to people to reduce the harm of gambling through:

- professional counselling
- support groups
- free financial counselling
- arranging a self-exclusion order on your behalf.

If gambling has become a problem for you or your family the Gamblers Help service is here to support you achieve your goals.

Stop. Control. Reduce.
Your goals, your choice.

To speak to someone about Gamblers Help during office hours call 1800 243 232.

For support out of office hours call the National Gamblers Help Hotline at 1800 858 858.

Scan for more information on our Gambling Support Services.



SMART Recovery Groups

SMART Recovery groups are guided by professionals and designed to provide a supportive environment for people to achieve their goals to change problem behaviours.



Why participate?

- Build and maintain motivation
- Cope with urges and cravings
- Manage thoughts, feelings and behaviour
- Lead a balanced life

SMART Support for families and friends

The SMART Family & Friends program assists anyone affected by the behaviour of someone close to them.

The meetings

- offer you a support system
- teach practical skills of self-empowerment and problem-solving
- aim to improve your quality of life by encouraging self-care
- provide strategies to stay safe, seek support, problem solve and set goals.

To attend a SMART Recovery group or Friends & Family session email

smart@anglicare-tas.org.au
or phone **1800 243 232**.

Scan for more information on SMART.



For more information on our
Gambling Support Services visit



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AnglicareTAS
Choice, support and hope

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