

National services

Gambling Help Online	free confidential advice 24 hours a day across Australia—you can call the National Gambling Helpline on 1800 858 858 or access resources including support via chat, email or SMS www.gamblinghelponline.org.au
Gambler's Anonymous	peer and family support groups www.gaaustralia.org.au/home-about

State- and territory-based services

Australian Capital Territory Gambling Support Service	www.gamblinghelponline.org.au/services-in-your-state/australian-capital-territory
New South Wales GambleAware	www.gambleaware.nsw.gov.au
Northern Territory Amity Community Services	www.gamblinghelponline.org.au/services-in-your-state/northern-territory
Queensland Gambling Help	www.gamblinghelponline.org.au/services-in-your-state/queensland
Gambling Help South Australia	www.gamblinghelponline.org.au/services-in-your-state/south-australia
Gamblers Help Tasmania	www.gamblinghelponline.org.au/services-in-your-state/tasmania
Gamblers Help Victoria	www.gamblinghelponline.org.au/services-in-your-state/victoria
Gambling Help Western Australia	www.gamblinghelponline.org.au/services-in-your-state/western-australia

Gaming support services

Gaming support services for young people

Headspace	for people 17 to 25 years old offers online, phone and in-person counselling, and online chat forums with peers and professionals https://headspace.org.au/explore-topics/for-young-people/gaming
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International peer support organisations for gamers and their family and friends

Online Gamers Anonymous	www.olganon.org
Game Quitters	https://gamequitters.com
Internet Addicts Anonymous	https://internetaddictsanonymous.org

Doctor's contact details: