

## Are you being impacted by gambling? WE CAN HELP

During COVID-19 the ACT Gambling Counselling and Support Service (AGCSS) is providing counselling and support services over the phone and online. For more information on how we are providing our services, [click here](#)

The ACT Gambling Counselling and Support Service is a free, anonymous and confidential service to individuals, their families and friends struggling with gambling issues.

### Individuals



Wonder how much is too much?

Check the gambling calculator

[Click here](#)

Want to assess your risk of gambling harm?

Take the self-assessment Quiz

[Click here](#)

### Families



To learn about the signs of gambling harm

[Click here](#)

To learn how to start a conversation about gambling harm

[Click here](#)

If you or someone you know is being harmed by gambling we can help  
The AGCSS provides free and confidential support



To speak to a Gambling Counsellor, 24/7 call 1800 858 858 or for email, [click here](#)



To speak to a Gambling Financial Counsellor during office hours, call 1800 007 007 or email [admin@carefcs.org](mailto:admin@carefcs.org)

The service is provided by Relationships Australia Canberra & Region in partnership with Care Financial Counselling Service and The Consumer Law Centre.

THE ACT GAMBLING COUNCIL AND SUPPORT SERVICE IS FUNDED BY THE ACT GAMBLING AND RACING COMMISSION