

GAMBLING HANGOVER

1 Sick Feeling

2 Anxiety and Regrets

3 Not Liking Yourself

Don't ignore it, get onto it.

A gambling hangover could be a sign of a worsening gambling problem.

But it's not something you have to tackle alone. Confidential help and ideas

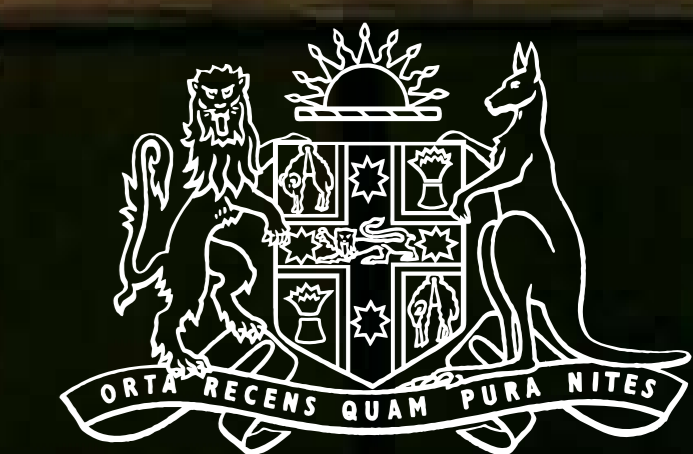
for managing your gambling are now freely and readily available.



GAMBLINGHANGOVER.NSW.GOV.AU

Call G-Line 1800 633 635 or SMS 'CONTROL' to 199 LIMIT*

* 55 cents max.



An initiative of the
New South Wales Government