



E-health resource: Gambling

Online Resources	Description	Link
Beacon 2.0	Directory of online programs, resources, Apps, and support groups	beacon.anu.edu.au
Counselling Online 15+ years	Free phone (1800 888 236) and online counselling 24/7 for anyone with drug & alcohol concerns e.g., people using drugs, their family and friends	counsellingonline.org.au
Gambling Help NSW	NSW government website providing information on gambling, including calculators, support services and information for family members	gamblinghelp.nsw.gov.au
Gambling Help Online	24-hour telephone counselling (1800 858 858) as well as online chat, peer support forums, self-help modules and referral service	gamblinghelponline.org.au
Gambling Less	Online self-help application	deakin.edu.au
OnTrack 15+ years	Online programs for achieving mental and physical health and wellbeing for both the individual and those caring for a person with mental illness	ontrack.org.au
Turning Point 15+ years	Online counselling, information and self-help resources for people affected by drugs, alcohol or gambling	turningpoint.org.au

Apps	Description	Link
100 Day Challenge	Discover 100 ways to help you change your relationship with gambling. Simple, confidential and tailored to you	100dc.com.au
Betfilter	Blocks access to online gambling services (costs involved)	betfilter.com
Bet Blocker	Blocks access to online gambling websites on computers and devices. Can be used by parents as a parental control program	betblocker.org
Cost2Play	A calculator (online and downloadable as an app) that calculates the average losses of common types of gambling	responsiblegambling.org
GamBlock	Blocks access to online gambling services (costs involved)	gamblock.com
GamBan	Blocks access to online gambling services (costs involved)	gamban.com
Gambling Therapy	Tools and information to help identify and overcome problem gambling	gamblingtherapy.org
Monitor your gambling and urges	Tracker that promotes self-awareness of gambling behaviours including: when and what triggers you to gamble, wins and losses, consequences of gambling and feelings and alternative activities when not gambling	problemgambling.ca
Quit Pokies	App that sends real time alerts when you enter a pokies venue, timed reminders if you stay and other useful information.	youarenotalone.org.au
Stay on Track	Gambling budget tracker	problemgambling.sa.gov.au

Counselling and Treatment	Description	Link
Head to Health: Mental health hubs	Head to Health hubs are located in Bankstown and Liverpool. Call 1800 595 212 Monday to Friday, 8.30am to 5pm (except public holidays) to talk to a trained professional about the appropriate support for you.	SWSPHN: Head to Health

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs