

Gambling Help Services

Brisbane and Redlands

07 3423 6955

Relationships Australia

Cairns and Far North Queensland

07 4050 4988

UnitingCare Community

Gold Coast **07 5575 6122**

Relationships Australia

Ipswich **07 3281 8677**

Relationships Australia

Logan **07 3808 9235**

Relationships Australia

Mackay and Whitsunday

07 4957 4542

Relationships Australia

Moreton Bay **07 5428 6244**

Relationships Australia

Rockhampton and
Central Queensland

07 4926 9377

Relationships Australia

Sunshine Coast **07 5492 7255**

Relationships Australia

Toowoomba and
South West Queensland

1300 991 443

Lifeline Darling Downs and
South West Queensland

Townsville and
North West Queensland

1300 NQCARE (1300 672 273)

Centacare

Wide Bay and Burnett

07 4191 3100

UnitingCare Community

Free and confidential phone and online advice is available 24 hours a day, 7 days a week. Face-to-face assistance is available during business hours only.

Other 24 hour services: **Lifeline 13 11 14**

PHONE | **FACE-TO-FACE** | ONLINE | **1800 858 858** | gamblinghelpqld.org.au