

## 4. ways to protect yourself from gambling harm

1. **Set a time and money limit and stop gambling when you reach it.**
2. **Take regular breaks from gambling.**
3. **Check your activity statement to help you stay on top of your spending.**
4. **Ask the venue how you can self-exclude or use BetStop to ban yourself from gambling.**

For free and confidential support in your own language, call 1800 858 858, visit [gamblershelp.com.au](https://gamblershelp.com.au) or scan the QR code below.

