

# Take control of your gambling anytime, anywhere



## Get real-time support to manage gambling urges

Take control with two powerful apps designed to help you stay on track.

GamblingLess: In-the-Moment offers real-time support when urges strike, while Gambling Habit Hacker helps you set goals, track your activity, and manage your spending.



Both apps are **FREE** and completely **CONFIDENTIAL**.

For information and to download the apps, go to [gambleaware.nsw.gov.au](https://gambleaware.nsw.gov.au)