

## Who can I talk to about a gambling problem?

Rachel Rees - 2023-02-02 - Health and Wellbeing

If you are concerned about a gambling problem, free help is available. Please talk to a member of the [Wellbeing Support team](#), [SANITI](#) or check out [gamblinghelpline.co.nz](https://gamblinghelpline.co.nz).

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- [How can the Learner Services Team help me?](#)
- [Can I get free counselling?](#)