



# FAQs for 100 Day Challenge users

## General

### **When will 100 Day Challenge app and website be shut down?**

From **Tuesday 31 December**, you will no longer be able access the 100 Day Challenge community forum via the app and website ([100dc.com.au](http://100dc.com.au)).

You will be able to access the other features of the 100 Day Challenge app and website for a further 100 days until **10 April 2025**. After this date the app and website will no longer be available online.

### **What will happen to 100 Day Challenge users?**

100 Day Challenge users will be invited to continue their journey on the Gambling Help Online website ([gamblinghelponline.org.au](http://gamblinghelponline.org.au)). This website not only offers you a forum for the 100 Day Challenge, but also provides you with a range of online support options, information and resources to support you.

### **Why is this happening?**

We know that people need different types of support during the various stages of their recovery journey, so this change will give more people the help they need, when they need it.

By moving across to the 100 Day Challenge forum into the Gambling Help Online website ([gamblinghelponline.org.au](http://gamblinghelponline.org.au)), people experiencing gambling issues will be able to access a broad range of support options, in addition to a community forum, all in the one place!

## Future support

### **Where can I go now for gambling support online?**

A 100 Day Challenge online forum will be available on the Gambling Help Online website: [community.gamblinghelponline.org.au/s/](http://community.gamblinghelponline.org.au/s/)

The Gambling Help Online website also offers free and confidential online counselling, peer support, information, plus a range of free and confidential support options from anywhere in Australia, 24/7.

## How can I stay in touch with the friends I've made here?

If you choose to move to the 100 Day Challenge forum on the Gambling Help Online website ([community.gamblinghelponline.org.au/s/group/0F9980000002gmfCAA/100-day-challenge](https://community.gamblinghelponline.org.au/s/group/0F9980000002gmfCAA/100-day-challenge)), you can make it easier for your friends to find you by using a similar username when you join the alternative forum.

## How do I move to the community forum on the Gambling Harm Online website?

Use [this link](#) to sign up to the 100 Day Challenge forum on the Gambling Help Online website, or paste this URL into your browser: [community.gamblinghelponline.org.au/s/group/0F9980000002gmfCAA/100-day-challenge](https://community.gamblinghelponline.org.au/s/group/0F9980000002gmfCAA/100-day-challenge)

### Tips for moving:

- help others find you by using a similar username when you join the alternative forum
- take note of the day you are up to in your challenge and post this in the forum
- share your progress data in your first post on the forum to introduce yourself and inspire others to join the challenge.

## What if I need extra support for my gambling issues?

If you would like to talk to someone about your gambling, visit the [Gambling Help Online website](#) for online support, or call [Gambler's Help](#) on **1800 858 858** for free, confidential support 24/7.

## I'm upset about the closure of the 100 Day Challenge app and website, what can I do?

We hear you, and we understand this change may be upsetting to some. We want to assure you that your journey with the 100 Day Challenge doesn't need to end when the site is shut down. By joining the [100 Day Challenge forum](#) on the Gambling Help Online website, you can continue to share your journey and insights with other people who are taking the challenge. Follow this link to join the conversation here: [community.gamblinghelponline.org.au/s/group/0F9980000002gmfCAA/100-day-challenge](https://community.gamblinghelponline.org.au/s/group/0F9980000002gmfCAA/100-day-challenge)

If you would like help navigating this change, visit the [Gambling Help Online website](#) for online support, or call [Gambler's Help](#) on **1800 858 858** for free, confidential support 24/7.

If you'd like to send us feedback, please email us at: [ghpr-100dc@health.vic.gov.au](mailto:ghpr-100dc@health.vic.gov.au)

## What will happen to the 100 Day Challenge moderator, Ali?

Unfortunately, Ali the 100 Day Challenge moderator, will not be moving to the forum on the Gambling Help Online website. Instead, the community forum on the Gambling Help Online website is moderated by a team of friendly counsellors and peers who can provide you with support, insights and advice to continue your 100 Day Challenge journey.

# Technical questions

## **What happens to my data?**

Your data from the 100 Day Challenge (personal details, activity and posts) will be destroyed after the app and website are taken offline on 10 April 2025.

Your data will not be shared or provided to anyone.

## **How will my privacy be protected in 100 Day Challenge forum on the Gambling Help Online website?**

The 100 Day Challenge forum on the Gambling Help Online website is public so if you wish to be anonymous when you post, we recommend that you use an alias as your username. Just as you would for any other online platform, avoid posting personal information that can identify you.

## **Can I still use Reset app with the same login?**

Yes, the Reset app will continue to be available, and you will be able to use your same login at [resetapp.com.au](https://resetapp.com.au).

## **Will the app just disappear from my phone or do I have to delete it?**

You will need to delete the app from your phone.

Join the **100 Day Challenge community forum** to chat with others who have taken the challenge.

Need more support?

Visit Gambling Help Online [gamblinghelponline.org.au](https://gamblinghelponline.org.au) for online support, or call **Gambler's Help** on **1800 858 858** for free, confidential support 24/7.

