

Having provided Gambling Help Services for over 20 years, we support people to make the changes that will help create a brighter and more hopeful future.

Our Gambling Help Service offers assistance to all people who are experiencing harm from gambling.

Gambling can become a problem when it consumes more money and time than a person can afford, and begins to affect other aspects of their lives, such as their psychological and emotional wellbeing, relationships with family and friends, finances, work and other leisure activities.

Please note: we do not lend money, provide loans or material aid.

Visit our Gambling Help website
www.gamblinghelpsa.org.au

Visit the Relationships Australia SA website for more services
www.rasa.org.au

Call us to make an appointment at one of our offices below. Free interpreters can be arranged. After hours appointments are available at least one evening per week at our metropolitan offices.

Metropolitan Services
Eastern
(Adelaide)
Tel: (08) 8223 4566

Northern
(Salisbury, Elizabeth, Ridgehaven)
Tel: (08) 8250 6600

Southern
(Marion, incl. Noarlunga & Aldinga outreach)
Tel: (08) 8377 5400

Western
Tel: (08) 8340 2022
(Port Adelaide)
Tel: (08) 8245 8100
(Hindmarsh)

Targeted Services
PEACE Multicultural Services
Tel: (08) 8245 8100
(Hindmarsh)

Country Services
Country Free Call
1800 182 325

Adelaide Hills (Mount Barker)
Tel: (08) 8223 4566

Barossa
(Gawler & Nuriootpa)
Tel: (08) 8250 6600

Fleurieu and Kangaroo Island
(Victor Harbour & Kingscote outreach)
Tel: (08) 8377 5400

Murray Mallee
Berri, incl. Waikerie, Loxton and Renmark outreach
Tel: (08) 8582 4122

Murray Bridge outreach
Tel: (08) 8223 4566

*The odds are high
that gambling
might be harming
someone you know...*

Free and confidential services are available.



Funded through the Gamblers Rehabilitation Fund



aha|sa
Australian Hotels Association (SA)

SKYCITY ENTERTAINMENT GROUP



Government of South Australia
Department for Communities and Social Inclusion

Contact the 24/7 Gambling Helpline now for free and confidential support on 1800 858 858

Online counselling and real-time chat and support, visit www.gamblinghelponline.org.au

Gambling Help Services
www.gamblinghelpsa.org.au

Relationships Australia
SOUTH AUSTRALIA



Gambling Help Services

We provide free and confidential services for people who are concerned about their gambling and its effects. We also support friends and family who are worried about someone they know.

We are committed to working with people from Aboriginal and Culturally and Linguistically Diverse backgrounds in ways that are culturally safe and respectful.

Free interpreters are available.

How to make an appointment

Call Relationships Australia South Australia:
1300 364 277 or 1800 182 325 (country callers)
Turn over to find our office locations and contact numbers.

After hours appointments are available at least one evening per week at our metropolitan offices.

Gambling Help Online provides counselling and support, 24 hours a day, 7 days per week
Telephone support 1800 858 858
www.gamblinghelponline.org.au

Our Gambling Help Services team consists of qualified counsellors and financial counsellors with extensive experience.

Gambling: We can help you

- Reflect on your gambling and work out what you want to do
- Develop strategies to support you to reduce or overcome your gambling
- Work through other issues that may contribute to your gambling
- Learn new skills to help you regain control.

Relationships: We can help you

- Explore the impact of gambling on your relationship
- Work through issues in a supportive environment
- Establish the conditions needed to rebuild the relationship.
- Connect to your community.

Finances: We can help you

- Assess your debts
- Negotiate with your creditors
- Get back in control of your finances.

Peer Support: We can

- Connect you with someone who has experienced 'problem' gambling and recovered
- Demonstrate that recovery is possible
- Offer practical information and support your contact with other agencies.



Friends or family concerned about someone who gambles: We can support you to

- Clarify whether gambling is problematic
- Develop strategies about how to proceed
- Take steps to protect your finances.

Community and Service Education: We can provide

- Client support and information groups – contact us to find out more
- Community seminars/workshops – keynote talks about any aspect of gambling and problem gambling – book us
- Training for service providers – through the Australian Institute of Social Relations RTO 102358, training division of Relationships Australia South Australia
- Consumer Voice Project – people who have overcome their experience of problem gambling share their unique story, call (08) 8245 8100 to find out more.