

Having provided Gambling Help Services for 18 years, we support people in making the changes that will help create a brighter and more hopeful future.

Our Gambling Help Service offers assistance to all people who are affected by problem 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

Funded through the Gamblers Rehabilitation Fund



Government of South Australia
Department for Communities
and Social Inclusion

Call us to make an appointment at one of our offices below. Free interpreters can be arranged.

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)

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

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

Help is available now. Call to find other service providers in your area or to make an appointment at a convenient location.

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

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

Get help and support now.
A free and confidential service



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 support for friends and family who are worried about someone they know.

We understand different cultural expectations and work with Aboriginal people and people from Culturally and Linguistically Diverse backgrounds.

Free interpreters are available.

Make an appointment now

Gambling Helpline 1800 858 858
(24 hours / 7 days per week)

Country Free Call 1800 182 325

www.gamblinghelpsa.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.

Finance: We can help you

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



Friends or family of someone who gambles: We can support you

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

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, training division of Relationships Australia South Australia
- Consumer Voice Project – people affected by problem gambling sharing their unique story, call (08) 8245 8100 to find out more.