



HAS YOUR GAMBLING GOT A HOLD ON YOU?

- HAVE YOU EVER FELT THE NEED TO BET MORE AND MORE MONEY?
- HAVE YOU EVER HAD TO LIE TO PEOPLE IMPORTANT TO YOU ABOUT HOW MUCH YOU GAMBLERD?

If you answered yes to one or both questions you have recognised that you may have a gambling problem.

Turn over to find out what you can do.



GAMBLINGHELPLINE
1800 858 858
24/7 • **FREE** • CONFIDENTIAL

STEP 1

LEARN SOME TIPS TO CONTROL YOUR GAMBLING

SET YOURSELF A BUDGET AND STICK TO IT

SET LIMITS ON GAMBLING TIME

KEEP TRACK OF YOUR GAMBLING WITH A DIARY

INSTEAD OF CHASING YOUR LOSSES, WALK AWAY

FIND ALTERNATIVES TO GAMBLING

Be honest with yourself and your friends and family - tell them how you plan to control your gambling and encourage them to help support you.

STEP 2 FIND OUT MORE

Visit www.problemgambling.sa.gov.au for more information, including the self help guide 'Gambler's Guide to Cutting Down or Giving Up' where you will find useful practical tips.

The guide 'Problem Gambling: A Guide for Friends and Family' is also available to help family and friends cope with someone else's gambling behaviour. These guides are available free from the web site.

STEP 3 GET HELP

CALL THE GAMBLING HELPLINE ON 1800 858 858.

VISIT WWW.GAMBLINGHELPO.NLINE.ORG.AU FOR FREE AND 24/7 ONLINE COUNSELLING.

VISIT WWW.PROBLEMGAMBLING.SA.GOV.AU FOR SELF-HELP TIPS AND SUPPORT.

It can be very difficult dealing with a gambling problem, however free and confidential help is available across metro and regional South Australia. All it takes is a phone call. The Gambling Helpline is free, confidential and available 24/7 to help with any gambling related issues including referral to a Gambling Help Service. Gambling Help Services offer free and confidential personal, financial and family counselling and support.

Trained gaming room staff can also assist in barring a patron from a venue or can put them in touch with a gambling or financial counsellor.

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The Gambling Helpline can organise an interpreter for you

Funded through the Gamblers Rehabilitation Fund



Government of South Australia
Department for Communities
and Social Inclusion