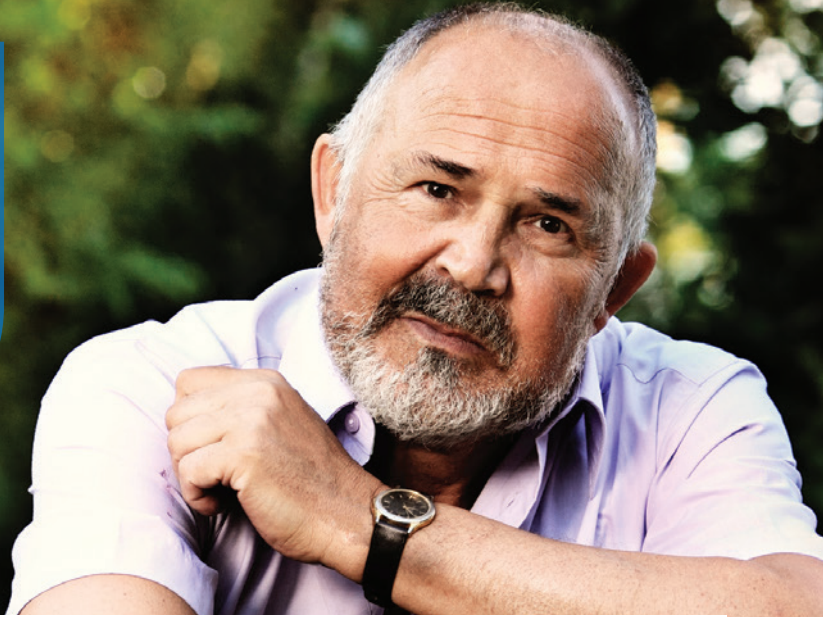




Specialised Treatment for Problem Gamblers



South Australia has 22 free, confidential and non-judgemental Gambling Help Services (GHS) to assist problem gamblers wherever they live in this state. [A complete list is available at www.problemgambling.sa.gov.au](http://www.problemgambling.sa.gov.au)

There are specialised medical inpatient and outpatient therapeutic services as well as regionally based generalist services. These provide gambling, financial and relationship counselling, peer support and relapse prevention services that are targeted to the needs of particular population groups.

What a Gambling Help Service can offer your patient

The Gambling Help Services can help your patient and others affected by gambling problems to manage immediate and critical issues and provide best practice treatments for problem gambling including Cognitive Behavioural Therapy (CBT) and counselling support. They also assist people to manage relapses.

Many Gambling Help Services work together to best support patients and their specific needs. These services can work collaboratively with general practice. There is the option of referring patients to these free, confidential and specialised services for treatment or providing shared care with these services – especially in regard to the management of co-morbid conditions. All services will accept self-referrals.

All Gambling Help Services are able to provide advice concerning patient initiated options such as self-barring (at a gambling venue or via the Independent Gambling Authority – www.iga.sa.gov.au) that enable them to take some control over their own gambling habits. Gambling Help Services can also counsel and assist partners or family members affected by problem gambling and facilitate a referral to the Independent Gambling Authority to apply for a Family Protection Order – to halt or minimise further harm to families.

Free Gambling Helpline 1800 858 858 – available 24/7

The Gambling Helpline will organise a referral to a Gambling Help Service or patients can contact a Gambling Help Service directly. The Helpline is free, professional and confidential. Interpreting services are available.

The Helpline can help deal with any gambling related issues and provide:

- Telephone counselling and support for those affected by gambling, including family and friends
- Referral to face-to-face gambling help services
- Written information posted upon request
- Crisis management and referral
- Relapse management
- Information about Gambling Help Services in South Australia

For more information and resources visit
www.problemgambling.sa.gov.au/gps

Funded through
the Gamblers
Rehabilitation Fund





Specialist Therapy Service

The Statewide Gambling Therapy Service offers inpatient services at Flinders Medical Centre and outpatient services in Bedford Park, Salisbury and Port Adelaide. The Statewide Gambling Therapy Service provides assessment, evidence-based treatment and follow-up counselling for problem gambling and other problems that can be related, like depression and anxiety. The inpatient facility is particularly relevant to patients in regional, rural or remote areas. Services are also provided via teleconferencing and video conferencing to patients who are unable to attend metropolitan locations. The service helps patients take control of their life.

Further information is available at www.sagamblingtherapy.com.au

Metropolitan and Country Gambling Help Services

Metropolitan and Country Gambling Help Services are located in every region of South Australia and patients can access any Gambling Help Service in other regions of the state if they do not wish to seek help in their own area. All Metropolitan and Country Gambling Help Services provide:

- Gambling counselling and therapy for individuals, couples, family and friends
- Financial counselling to help deal with debts, budgeting and managing credit issues
- Information and support
- Support groups (where available)
- Interpreter services, both over the telephone and in person.

A list of all Metropolitan and Country Gambling Help Services is available at www.problemgambling.sa.gov.au

Targeted Services for the needs of particular population groups

Several services are dedicated to particular population groups, including patients from Cambodian, Chinese, Persian speaking, Vietnamese and African backgrounds, as well as members of Aboriginal and Torres Strait Islander communities, and offenders. These services have a specific understanding of the particular cultural and situational contexts of their respective population groups and communities. They support their clients (problem gamblers and others affected by their gambling) to access and navigate their way to receive appropriate help.

A list of all targeted Gambling Help Services is available at www.problemgambling.sa.gov.au

Gambling Help Online

People can go online and chat with a counsellor in real time 24/7 at www.gamblinghelponline.org.au

The online service provides people throughout Australia with the opportunity to access counselling and information when they are unable or reluctant to access face-to-face services. Live email counselling and support services are delivered by professional counsellors with expertise in problem gambling. The online service can work in conjunction with the Gambling Helpline and face-to-face counselling.