



# HOW MUCH HAVE YOU LOST TODAY?

**BEFORE YOU LOSE THE LOT,  
CALL THE GAMBLING HELPLINE ON  
1800 858 858**

All it takes is a phone call. For immediate help, call the Gambling Helpline: 24 hours a day, 7 days a week. You can also arrange a free appointment with a Gambling Help Service.

## **GAMBLING HELP SERVICES**

**Gambling Help Services provide FREE and confidential counselling and assistance**

### **METROPOLITAN SERVICES**

#### **Eastern**

- Relationships Australia SA Tel: 08 8223 4566 (Adelaide)

#### **Northern**

- Relationships Australia SA Tel: 08 8250 6600 (Salisbury, Elizabeth and Ridgehaven)

#### **Southern**

- Relationships Australia SA Tel: 08 8377 5400 (Oaklands Park including Noarlunga and Aldinga outreach)

#### **Western**

- Relationships Australia SA Tel: 08 8340 2022 (Port Adelaide)  
Tel: 08 8245 8100 (Hindmarsh)

### **COUNTRY SERVICES**

#### **Adelaide Hills**

- Relationships Australia SA Tel: 08 8223 4566 (Mount Barker outreach)

#### **Barossa**

- Relationships Australia SA Tel: 08 8250 6600 (Gawler and Nuriootpa outreach)  
Tel: 1800 182 325 (Country Free Call)

#### **Eyre and Western**

- UnitingCare Wesley Country SA Tel: 1300 456 946 (Whyalla and Port Lincoln)

#### **Far North**

- UnitingCare Wesley Country SA Tel: 1300 456 946 (Port Augusta)

#### **Fleurieu and Kangaroo Island**

- Relationships Australia SA Tel: 08 8377 5400 (Victor Harbor and Kingscote outreach)  
Tel: 1800 182 325 (Country Free Call)

#### **Limestone Coast**

- Lifeline South East Tel: 08 8723 2299 (Mount Gambier)

#### **Murray Mallee**

- Relationships Australia SA Tel: 08 8582 4122 (Berri, including Waikerie, Loxton and Renmark outreach)  
Tel: 08 8223 4566 (Murray Bridge outreach)  
Tel: 1800 182 325 (Country Free Call)

#### **Yorke and Mid North**

- UnitingCare Wesley Country SA Tel: 1300 456 946 (Port Pirie and Kadina)

### **TARGETED SERVICES**

#### **Aboriginal Gambling Help Services**

- Flinders University Tel: 08 8182 4911 (North/West Metro)  
Tel: 08 8204 6982 (Southern Metro)  
- Aboriginal Family Support Services Tel: 08 8641 0907 (Port Augusta)  
Tel: 08 8582 3192 (Berri)  
Tel: 0418 499 649 (Murray Bridge)  
Tel: 08 8683 1909 (Port Lincoln)  
- Ceduna Koonibba Aboriginal Health Service Tel: 08 8626 2600 (Ceduna)

#### **Aboriginal Gambling Therapy Service**

- Southern Adelaide Local Health Network Tel: 08 8204 6982 (Adelaide)

**TURN OVER FOR TARGETED SERVICES**

[www.problemgambling.sa.gov.au](http://www.problemgambling.sa.gov.au)

## GAMBLING HELP SERVICES

Gambling Help Services provide **FREE** and confidential counselling and assistance

### TARGETED SERVICES

#### Cambodian Gambling Help Service

- Relationships Australia SA Tel: 08 8245 8100 (Hindmarsh)

#### Chinese Gambling Help Service

- Overseas Chinese Association Tel: 08 8445 1677 (Findon)

#### Vietnamese Gambling Help Service

- Community Access and Services SA Tel: 08 8447 8821 (Athol Park)

#### Multicultural Gambling Help Service

- Relationships Australia SA Tel: 08 8245 8100 (Hindmarsh)

#### Criminal Justice Gambling Help Service

- Offenders Aid and Rehabilitation Service Tel: 08 8218 0700 (Adelaide)

#### Intensive Therapy Gambling Help Service

- SA State Intensive Gambling Help Service Tel: 08 8232 3333 (Metro/Country)

#### Lived Experience in Gambling Program

- Relationships Australia SA Tel: 08 8245 8100 (Hindmarsh)

#### Gambling Helpline

- For immediate help 24/7 free and confidential Tel: 1800 858 858

#### Gambling Help Online

- For 24/7 free online counselling [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

VISIT [WWW.GAMBLINGHELPONLINE.ORG.AU](http://WWW.GAMBLINGHELPONLINE.ORG.AU)  
FOR FREE AND 24/7 ONLINE COUNSELLING.

VISIT [WWW.PROBLEMGAMBLING.SA.GOV.AU](http://WWW.PROBLEMGAMBLING.SA.GOV.AU)  
FOR SELF-HELP TIPS AND SUPPORT.

**GAMBLING HELPLINE: 24/7 | FREE | CONFIDENTIAL**  
**1800 858 858**

**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

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