GAMBLINGHELPLINE

1800 858 858

24/7 • **FREE** • CONFIDENTIAL

WHERE CAN I GET HELP? I WANT TO TAKE BACK CONTROL OF M
DO YOU KNOW SOMEONE WHO NEEDS HELP? GAMBLE RESPONSIBLY
CONTROL OF MY LIFE WHAT CAN I DO? **WHERE CAN I GET**

PHONE: 24/7, free and confidential Gambling Helpline offers support, information and telephone counselling **1800 858 858**. The Gambling Helpline can organise an interpreter for you.

ONLINE: 24/7, free and confidential self-help and counselling via email or chat **www.gamblinghelponline.org.au**. For information, self-help tips and support **www.problemgambling.sa.gov.au**.

FACE TO FACE: free and confidential personal, financial and family counselling and support. Call **1800 858 858** for a referral to a friendly and non-judgemental Gambling Help Service professional.