

Do you have a **gambling problem?**

- › Do you think about gambling every day?
- › Do you hide your gambling from people?
- › Do you ever borrow money to gamble?
- › Do you let bills go unpaid?
- › Is your gambling affecting your work or role as a parent?
- › Do you think you can use skill to win on a poker machine?
- › Do you gamble to hide your problems?

If you answered yes to any of these questions, you may have a problem.

gambler'shelp
1800 858 858

Hearing impaired only
should call TTY 1800 777 706.
problemgambling.vic.gov.au



**Two-thirds of people
seeking help from
us end up gambling
a lot less**

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Who can you call for **help**?

If you or someone you know has a gambling problem, call Gambler's Help.

It is a free, professional and confidential service funded by the Victorian Government.

Wherever you are, there is always someone at the end of the telephone 24 hours a day, seven days a week.

Safe, **confidential**, understanding.

At Gambler's Help you can talk to trained, experienced people who understand what you're going through.

You can talk over the phone. Or, if you prefer, we can talk face-to-face in a safe, confidential environment.

We can help you get control of the problem and help you find the ways to deal with it.

At the very least, you'll find it a relief just to talk to someone.

Gambler's Help services:

Gambler's Help offers a range of services because we understand that one size does not fit all. Your local Gambler's Help Centre can tell you what is available in your area. Services include:

- › **Immediate telephone help.** You can call 24 hours a day, seven days a week.
- › **Individual counselling.** You can meet with a professionally trained counsellor face-to-face either on a one-off basis, or for ongoing support.
- › **Couple and family counselling.** You may want to have the support of friends or family. Or if someone else's gambling is affecting you, we can help.
- › **Financial counselling.** We can help you sort out your financial problems
- › **Support groups.** We can help you find support groups with other people going through the same problems.
- › **Community education.** We can help with speakers and information for community groups.

Your **next step** is **easier** than you think

Many people just like you have resolved their gambling problems with Gambler's Help.

The hardest part is taking the first step. The rest is easier than you might think.

- › Ring Gambler's Help to talk to someone about your problem.
- › Make an appointment to see a counsellor.
- › Contact Gambler's Help to get self-help information, or visit the problem gambling website.
- › Ask about how you can arrange to exclude yourself from a gaming venue.

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take the **problem** out of gambling