

Relationships Australia (SA) has been providing **Gambling Help services** for 18 years and has provided counselling and support to thousands of people.

Please note: we do not lend money, provide loans or material aid.

What our clients say

Every year we ask our clients what they think about our service and whether it made a difference to their lives.

"I am very satisfied and impressed by the service provided and with the counsellor, who is excellent and very caring and professional"

"Being asked the right questions enabled me to find the right path to take"

"Service is so personal and I feel wonderful"

"Talking once a week, making commitments and goals on a weekly or monthly basis, empowered me with self esteem, strength and confidence"

We are committed to providing you with the services you need.

Call **Gambling Helpline** on **1800 858 858** for information about other problem gambling services in South Australia.

www.problemgambling.sa.gov.au

www.rasa.org.au

for other Relationships Australia (SA) services.

Appointments:

We can see you in one of our office locations detailed below. If this is too difficult, by arrangement we can meet at your home, in a community centre or speak on the telephone.

Southern Office:

Phone (08) 8377 5400

- Marion, Noarlunga and Aldinga
- Victor Harbor and Kingscote

Adelaide Office:

Phone (08) 8223 4566

- Adelaide City
- Mt Barker
- Murray Bridge

Riverland:

Phone (08) 8582 4122

- Berri
- Waikerie

Northern Office:

Phone (08) 8250 6600

- Salisbury
- Elizabeth
- Ridgehaven

Western Office:

Phone (08) 8340 2022

- Hindmarsh
- Port Adelaide

Barossa:

Phone (08) 8250 6600

- Gawler
- Nuriootpa

Toll free:

1800 182 325 (country freecall)

Telephone & On-line: You can also access help via telephone or on-line link using a secure Skype-style computer based link.

Other Areas: If you live in another area there are other service providers who can help you with gambling and/or financial counselling.

Call the Gambling Helpline on **1800 858 858** to find a service located near you.

Our Financial Counsellors are members of the South Australian Financial Counsellors Association.

Is gambling affecting your finances?



we can help

Gambling Help Financial Counselling

A free confidential service

www.gamblinghelpsa.org.au

Relationships Australia
SOUTH AUSTRALIA



aha|sa
Australian Hotels Association (SA)



Government of South Australia
Department for Communities
and Social Inclusion

Funded through the Gamblers Rehabilitation Fund

Gambling and your wellbeing

Sometimes gambling can have a negative impact on your life and you can feel like it is dragging you down. Whether it's affecting your relationships, your finances, your focus at work, or links with friends - you may feel that things are not quite right.

If you are spending more than you planned and thinking about gambling a lot, you may have a gambling problem.

Gambling too much can occur for many reasons. It may be that it has simply got out of control or sometimes people can use gambling to cope with other life issues – feelings of depression, loneliness, grief, or just a lack of excitement in life. We can help you with all of these issues.

We support you to make the changes that will get things back on track.

You don't have to be gambling yourself to use our service. We are also here for family members and friends who are worried about someone they know.



Research shows that 71% of people playing the pokies spend more money than they intend in a year

Financial counselling

Financial counselling is a free and confidential service provided by qualified financial counsellors who are experienced in working with financial issues caused by gambling. They help relieve the stress and develop a plan for the future.

Who do we help?

- People who have financial difficulties as a result of their gambling
- People whose finances are being affected by another person's gambling.

We see people from all walks of life and different levels of income. Whether you are in the midst of a financial crisis or simply wishing to avoid a crisis – we are here for you. Some of the problems we help with are:

- Difficulties in budgeting and making ends meet
- Being worried about your credit cards or what you owe
- Not knowing how to deal with debt collectors
- Concerns about your car being repossessed
- Your mortgage, electricity, gas and other bills
- Legal action as a result of your debts.

Taking action now stops the situation from getting even harder to manage.

All you need to do is phone us to talk to a counsellor and then make an appointment. Free interpreters can be arranged.

How can a financial counsellor help?

Financial counsellors listen to you, are non-judgemental and understand that life has its ups and downs. They are here to support you to deal with your financial problems.

A financial counsellor acts solely in your interest and will:

- Assess your current situation
- Give you information about your options
- Work with you to develop a plan
- Deal with credit providers and others on your behalf
- Negotiate with gas, electricity, telephone and other providers to develop workable payment solutions
- Support you to take control of your money and develop a budget for the future.

If you need other help as well, we can put you in touch with our gambling help counsellors, relationship services and other agencies.

