

When does gambling become a problem?

For many of us, gambling is an accepted social and recreational activity.

But sometimes it can begin to affect our life, finances and relationships with loved ones.

- **Do you think about gambling every day?**
- **Do you spend more money on gambling than you can afford to lose?**
- **Does gambling take up too much time and interfere with other activities?**
- **Does gambling interfere with your important relationships?**
- **Do you hide your gambling from people?**
- **Do you borrow money to gamble?**
- **Do you find it difficult to stop gambling?**
- **Does gambling cause you stress?**

If you have answered yes to any of these questions, then gambling may be or could become a problem for you.

How can I seek help?

Call Relationships Australia (SA) on (08) 8245 8100 and ask to speak to a **PEACE** Multicultural Services staff member, or if you would prefer to speak to somebody in your own language:

- Call the Translating & Interpreting service on 131 450 (cost of a local call).
- Say the name of your language and wait on the line.
- When the interpreter comes on the line, ask them to call (08) 8245 8100.
- Speak to us in your own language, with the help of the interpreter.

**After hours
Gambling Help Line
1800 060 757**

**Contact
(08) 8245 8100**

Relationships Australia (SA)

49a Orsmond Street
Hindmarsh
South Australia 5007
Telephone
(08) 8245 8100
Facsimile
(08) 8346 7333

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Relationships Australia
SOUTH AUSTRALIA™

DECEMBER 2008

**Servicing multicultural communities
across South Australia**


PEACE™
Multicultural
Gambling Help Services

Let's talk
about

GAMBLING


Relationships Australia
SOUTH AUSTRALIA™



Multicultural
Gambling Help Services



What is PEACE?

South Australia's community contains a rich mix of people from culturally and linguistically diverse (CALD) backgrounds.

PEACE (Personal Education And Community Empowerment) is a statewide service within Relationships Australia (SA) with the aim to support and assist these individuals, families and communities to lead balanced, healthy lives.

If you are from a culturally and linguistically diverse background and need assistance dealing with issues in your life such as gambling, **PEACE** Multicultural Services can help.

Our services are free

Who is PEACE?

Community educators

We work with a number of male and female workers who are members of various CALD communities.

Community educators are trained to assist people in their community with gambling issues by providing support, information and referrals to individuals, families and community groups.

Community educators also work with other service providers to ensure that your rights to receive quality service are fulfilled.

Counsellors

Our counsellors understand the impact that gambling can have on people from multicultural communities.

They can help you to establish your goals and identify the pathways to achieve them.

You can work with a counsellor of your choice, with or without the support of a community educator.

Community education project officers

Our community education project officers assist in the development and implementation of our community education programs.

How can PEACE help?

Everyone is different and has different needs. **PEACE** Multicultural Services can work with you to provide the support and assistance that will help you to address gambling in your life.

PEACE Multicultural Services can offer

- A FREE and confidential service.
- Individual short or long-term support from a worker who is experienced in helping people with gambling issues.
- Information and support for people who are concerned for a family member or friend.
- The flexibility to meet at a time and location that is convenient for you.
- Group and community education programs.

We understand and have experience dealing with the issues that individuals and communities from various cultures can face.

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about