

Having provided Gambling Help Services for over 20 years, we support people to make the changes that will help create a brighter and more hopeful future.

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 if it has 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"*

*"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 24/7 Gambling Helpline on 1800 858 858

Support for anyone affected by gambling.

Visit the Relationships Australia SA website for more services

[www.rasa.org.au](http://www.rasa.org.au)

Funded through the Gamblers Rehabilitation Fund



Call us to make an appointment at one of our offices below. Free interpreters can be arranged.

#### Metropolitan Services

Eastern  
(Adelaide)  
Tel: (08) 8223 4566

Northern  
(Salisbury, Elizabeth,  
Ridgehaven)  
Tel: (08) 8250 6600

Southern  
(Marion, incl. Noarlunga &  
Aldinga outreach)  
Tel: (08) 8377 5400

Western  
Tel: (08) 8340 2022  
(Port Adelaide)  
Tel: (08) 8245 8100  
(Hindmarsh)

Multicultural Services  
PEACE Multicultural Services  
Tel: (08) 8245 8100  
(Hindmarsh)

#### Country Services

Country Free Call  
1800 182 325

Adelaide Hills (Mount Barker)  
Tel: (08) 8223 4566

Barossa  
(Gawler & Nuriootpa)  
Tel: (08) 8250 6600

Fleurieu and Kangaroo Island  
(Victor Harbour &  
Kingscote outreach)  
Tel: (08) 8377 5400

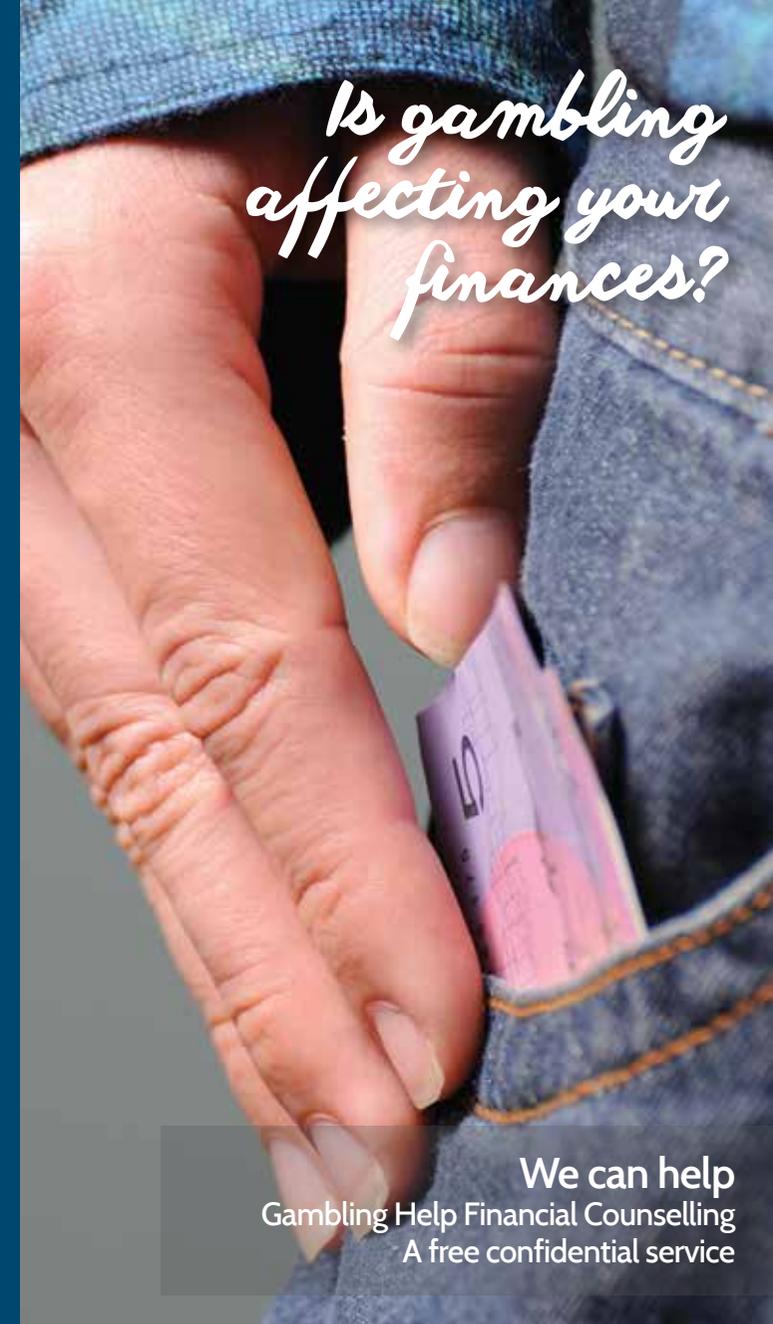
Murray Mallee  
Berri, incl. Waikerie, Loxton  
and Renmark outreach  
Tel: (08) 8582 4122

Murray Bridge outreach  
Tel: (08) 8223 4566

Contact the 24/7 Gambling Helpline now for free and confidential support on 1800 858 858

Online counselling, real-time chat and support, visit [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

*Is gambling affecting your finances?*



We can help  
Gambling Help Financial Counselling  
A free confidential service

Gambling Help Services  
[www.gamblinghelpsa.org.au](http://www.gamblinghelpsa.org.au)

Relationships Australia  
SOUTH AUSTRALIA

Relationships Australia  
SOUTH AUSTRALIA

## Gambling can harm your wellbeing... and your finances!

More than 2.5 million Australians live in households experiencing significant financial difficulty and stress.

Gambling can be one of the many causes of financial difficulty.

If gambling has consumed more money or time than you can afford, or is beginning to affect other aspects of your life such as your work, relationships or wellbeing, you may have a gambling problem.

Gambling can be hard to keep under control when the possibility of winning money is continuous and exciting, opportunities to do it are everywhere and the experience distracts you from other life difficulties.

## We can help.

**Financial Counselling can help resolve your financial pressures, improve your health and your hope for the future.**

We support you to make the changes that will make a positive difference to your circumstances.

You do not have to be gambling to use our service. We are also here for family members and friends who are worried about or affected by someone else's gambling behaviour.



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 experienced in working with financial issues caused by gambling.

### Who do we help?

- People who have financial difficulties as a result of their gambling or another person's gambling

We see people from all walks of life and with 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.

Are you experiencing...

- difficulties in budgeting and making ends meet
- concerns about credit card debt
- 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.

Call us now to speak with a financial counsellor and 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 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 additional help, we can connect you with our gambling help counsellors, relationship services and other agencies if required.



Take action before a situation gets harder to manage.