

### Metropolitan Services

Call us to make a face to face or telephone appointment with a peer support worker

**(08) 8223 4566**

### Country Services

Call us to make a telephone appointment with a peer support worker

### Country Free Call

**1800 182 325**

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

*“I went gambling because I found comfort,  
away from the pressures of my life!”*

*“Gambling got my adrenalin going!  
It was always so exciting!”*

*Is gambling  
a problem?*

Talk to someone who has been there!



**Peer Support Service**

*Relationships Australia.*  
SOUTH AUSTRALIA



*“It is so different talking with someone who has been there. They’ve felt the things I’ve felt. They’ve felt the urges. They’ve felt the uncontrollable...you know? It’s difficult to describe sometimes, but they’ve recovered from it and it makes me think that I can too”*

## Peer Support

Trained peer support workers offer you the chance to talk with someone who has experienced devastating consequences because of their problematic relationship with gambling... and recovered!

### Peer support workers

- Listen and offer encouragement
- Share what they have learned to support your recovery
- Provide practical information
- Refer to other sources of help
- Celebrate your achievements and remind you of your progress
- Offer hope that you too can overcome your gambling problems.

The Peer Support Service is a free confidential service offered as part of Relationships Australia SA’s Gambling Help Service.

If you would like to access a peer support worker please ask your RASA Gambling Help counsellor or financial counsellor or call **(08) 8223 4566** or **1800 182 325** (Country Free Call) to make a telephone or face-to-face appointment.

These phone numbers connect with our Adelaide city office. Your contact details will be forwarded to the Peer Worker who will return your call.

## Peter’s story

I had a long history of serious gambling and drinking problems and had lost all self-respect and hope for the future. I was desperate when I started seeing a counsellor. The counsellor also referred me to a peer worker who had been where I was at and who never judged me. She shared her experience of what sent her to the pokies and even though I gambled on horses, listening to her talk about what worked for her inspired me to continue to work on my problems. After all, she had recovered and had transformed her life and that was what I wanted to do.

## Mary’s story

As the peer worker shared some aspects of her story with me, I felt a real connection because I realised that I was not alone. It made a big difference to know that she had felt the same urges and could relate to the anguish of the gambling cycle of loss. She encouraged me to think about how this was affecting my life and to start looking after myself differently. Slowly, I started to feel better about myself and we would share the small steps I took to get my life back on track. I felt as though she was walking alongside me as I continued to work with my counsellor and other supports in the community.

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