

SOUTHERN**FREE SERVICES**

Confidential, professional support for gamblers, their families and others affected by gambling.

What is Counselling?

Counselling is an opportunity for you to discuss issues or concerns in a safe, confidential, non-judgemental environment. It can help you to understand your problems, to feel more in control of difficult situations, and to make the life changes that you decide upon. Counselling can be individual, couple, family or group based.

What is Financial Counselling?

Financial counselling offers practical advice about your finances. A Financial Counsellor can review your income, expenses, assets (things you own) and debts (money you owe). They can also provide information about your rights and responsibilities regarding issues such as credit and loan contracts, fines, bankruptcy, utility bills, mortgage payments, rent payments and social security entitlements.

Other free services include:

- ▷ Multicultural services
- ▷ Community education
- ▷ Professional development

SOUTHERN

We've all heard the stories before. Maybe you've even said it to yourself some time...

- I'll win next time...
- I'm on a sure thing...
- I "bust" this time, but next time will be different...

Gambler's Help provides free assistance to anyone who is concerned about their gambling, or the gambling of someone close to them.

Gambler's Help Southern has numerous sites across the southern metropolitan region.

For information about services or to make a counselling or financial counselling appointment, call

9575 5353

9.30 am - 4.30 pm

Monday to Friday

For 24 hour, 7 day support & information, call
Gambler's Help Telephone Counselling Services
- freecall 1800 156 789 -

Gambler's Help Tips:

- Set a limit and stick to it
- Gamble only for fun
- Be open with family and friends about your gambling
- Make gambling only one part of your regular entertainment
- Put any winnings in your pocket
- Leave your ATM card at home