

Have you ever had an issue with your gambling?

For some people gambling can change from entertainment and pleasure and become an issue. When that happens, gambling can play too big a role in a person's life and hurt them, their family, friends and the people who care for them.

If your gambling is causing issues in your life, you can take steps to change this. Talking about gambling with somebody you trust can reduce the stress that can cause you to continue to gamble. If you have an issue with gambling there is free, confidential professional help and support available.

GAMBLER'S HELP SERVICES FOR YOU

Website: <http://www.problemgambling.vic.gov.au/>

- **Immediate Telephone Help**

You can contact Gambler's Help 24 hours a day, 7 days a week to talk about your concerns about your gambling. You can also arrange to come in and talk to someone in your local area or at a Gambler's Help location that's convenient for you.

Gambler's Help FREECALL 1800 858 858

free anonymous and confidential telephone advice, information and referral to counselling statewide if your gambling is a problem.

- **Individual Counselling**

Come in and talk about your problem with a professionally trained counsellor – for a one-off session, or ongoing counselling and support.

- **Couple and Family Counselling**

For some people, it helps to involve family and friends. Sometimes they need support as well.

- **Self Help Options**

Self Help advice is available to help you cut down or give up gambling. Self help groups and contacts may also be available in your local area.

- **Support Groups**

Some people find it helpful to talk about their problems with other people who have similar problems.

YOUR NEXT STEP IS EASIER THAN YOU THINK

If you think you have a problem with gambling or know someone close to you might have a problem, make a decision to do something about it and take one of these steps:

- Ring Gambler's Help to talk to someone about your problem
- Make an appointment to see a Gambler's Help counsellor
- Contact Gambler's Help to get self-help information
- Ask Gambler's Help about how you can arrange to be excluded from a gambling venue.

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