



**GAMBLING**HELPLINE  
**1800 858 858**  
24/7 • **FREE** • CONFIDENTIAL

WHERE CAN I GET HELP? I WANT TO TAKE BACK CONTROL OF MY  
DO YOU KNOW SOMEONE WHO NEEDS HELP? GAMBLE RESPONSIBLY  
CONTROL OF MY LIFE WHAT CAN I DO? WHERE CAN I GET



**PHONE:** 24/7, free and confidential Gambling Helpline offers support, information and telephone counselling **1800 858 858**. The Gambling Helpline can organise an interpreter for you.



**ONLINE:** 24/7, free and confidential self-help and counselling via email or chat **[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)**. For information, self-help tips and support **[www.problemgambling.sa.gov.au](http://www.problemgambling.sa.gov.au)**.



**FACE TO FACE:** free and confidential personal, financial and family counselling and support. Call **1800 858 858** for a referral to a friendly and non-judgemental Gambling Help Service professional.