

Financial help for everyone

If you are facing financial loss or strain because someone you care about has a gambling problem, we can help.

We offer a range of support to family members and others affected by gambling, including financial counselling.

We can provide information or advice on financial matters, and give you the support you need.

Concerned about someone close to you?

Signs to look out for:

- unexplained debt or borrowing
- money or assets disappearing
- numerous loans
- unpaid bills or disconnection notices
- lack of food in the house
- losing wallets or money regularly
- missing financial statements
- secret bank accounts, loans or credit cards.

Call Gambler's Help on 1800 858 858
or visit **gamblershelp.com.au**

Is gambling becoming a problem for you?

- Do you think about gambling every day?
- Do you hide your gambling from family and friends?
- Do you ever borrow money to gamble?
- Do you let bills go unpaid?
- Is your gambling affecting your work or role as a partner or parent?
- Do you think you can use skill to win on a pokie machine?
- Do you gamble to forget your problems?

If you answered yes to any of these questions, you may be experiencing issues with gambling.



We provide free and confidential support in Arabic, Cantonese, Mandarin and Vietnamese. We can also arrange an interpreter for other languages on request. Visit **gamblershelp.com.au** for more information.

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. For more information visit **relayservice.gov.au**



Financial counselling



Financial counselling

When someone is experiencing problems with gambling, it can affect many aspects of their lives, including their finances.

Gambler's Help offers a range of support for people affected by gambling, their families and friends.

Our trained and experienced financial counsellors have helped many people just like you.

We understand what you're going through and are ready to help.

Financial counsellors can help by providing information, advocacy and support.

Our services are completely free and confidential.

To find out more about financial counselling, contact Gambler's Help.

Financial assistance

Individuals and families who are in financial crisis may be eligible to receive assistance with essential living needs under the Recovery Assistance Program.

Recipients must be registered Gambler's Help clients and undergo an assessment to determine their eligibility.

Financial counsellors can help you:

- negotiate payment arrangements and talk to creditors
- advocate on your behalf with creditors
- promote options so you may not be held responsible for any further debt incurred by a partner or family member with a gambling problem
- check whether you are entitled to any concessions and entitlements and provide information on where to obtain food vouchers and other types of assistance

- refer to legal assistance
- reduce risk, for example, to help you to:
 - arrange separate bank accounts
 - organise ways to pay bills automatically out of an account that only a non-gambler has access to
- access therapeutic gambling counselling if and when you want it.

Financial counsellors do not:

- make any decisions on your behalf
- organise a debt consolidation loan
- provide investment or non-financial advice.

Online support

Gambling Help Online offers some great tips and online counselling to help you:

- manage your budget
- protect your assets.

Visit gamblinghelponline.org.au

Many ways to get support



Phone

Talk to someone

Gambler's Help offers free, confidential advice and counselling 24/7

Call **1800 858 858**



Face to face

Meet a counsellor

Gambler's Help offers face-to-face counselling on a one-off or ongoing basis

Call **1800 858 858**



Financial counselling

Get help with your finances

Financial counsellors can help you address financial problems related to gambling

Call **1800 858 858**



Family & friends

Support for family and friends

If someone else's gambling is affecting you, we offer advice and counselling

Visit gamblershelp.com.au



Peer support

Talk to people like you

We can help you find support from others who have gone through similar issues

Call **1800 858 858**



Help yourself

Tools to help yourself

Self-help tools can help you build your confidence and work through your concerns in your own time, at your own pace

Visit gamblershelp.com.au



Young people

Are you under 25?

Call our dedicated Gambler's Help Youthline for a confidential chat

Call **1800 262 376**



Online support

Immediate help online

Email or chat live with a counsellor 24/7

Visit gamblinghelponline.org.au