



# Let's start talking

Support for Aboriginal people  
affected by gambling



**Gambler's  
Help**  
1800 858 858



## Recognising harm from gambling

Harm from gambling is common in both the wider community and the Aboriginal community. Yet it may not always be easy to recognise. Harm can include financial problems, arguments with family, involvement with police and emotional distress.

Harm may be experienced by the person who gambles, their family, or within the wider community.

A person experiencing harm from gambling may also be having difficulties with mental health, alcoholism or family violence, which can make it hard to see gambling in the mix.

Asking these questions may help identify if someone is experiencing gambling harm:

**‘Does gambling cause arguments at home?’**

**‘Do you – or someone you know – ever go back another day to try to win back money lost?’**

## Gambler’s Help

Aboriginal people can access mainstream Gambler’s Help services or Aboriginal Gambler’s Help services.

Each region in Victoria has a mainstream Gambler’s Help service. They provide face-to-face, free and confidential financial counselling and therapeutic counselling.



Face  
to face

### **Gambler’s Help 1800 858 858**

Can make an appointment to see a local Gambler’s Help counsellor.



Phone

### **Gamblers Help 1800 858 858**

Can provide free, confidential information, advice or counselling 24 hours a day, seven days a week.



Online  
support

### **Email or live-chat counselling**

Available at [gamblinghelponline.org.au](http://gamblinghelponline.org.au) and there are also many self-help tools available.

See over for details of the Aboriginal Gambler’s Help services.



## **Aboriginal Gambler's Help services**

Aboriginal Gambler's Help services provide support for Aboriginal people and communities affected by gambling.

### **Gippsland and East Gippsland Aboriginal Cooperative**

**Morwell and Bairnsdale**

Phone (03) 5134 3816

37-53 Dalmahoy St, Bairnsdale VIC 3875

### **Mallee District Aboriginal Service Social and Emotional Wellbeing Services**

**Greater Mildura**

Phone (03) 5018 4102

115 Orange Ave, Mildura VIC 3500

### **Rumbalara Aboriginal Cooperative Gamblers Help Service**

**Greater Shepparton**

Phone (03) 5820 0000

20 Rumbalara Rd, Mooroopna VIC 3629

### **Victorian Aboriginal Health Service Counselling and Financial Wellbeing Services**

**Metropolitan Melbourne**

Phone (03) 9419 3000

186 Nicholson St, Fitzroy VIC 3065



Victorian  
Responsible  
Gambling  
Foundation

