



Aboriginal co-ops can help

Most people in Aboriginal communities play the pokies or have a bet without any trouble.

But for some people, gambling causes money problems and arguments in the family.

If you want to yarn, there are gambling workers in four Aboriginal co-ops.

- **Rumbalara Aboriginal Co-operative**

Call on 5820 0000 or drop in at 20 Rumbalara Road, Mooroopna.

- **Gippsland and East Gippsland Aboriginal Co-operative**

Call on 5134 3816 or drop in at 162-164 Commercial Road, Morwell.

- **Victorian Aboriginal Health Service**

Call on 9419 3300 or drop in at 238-250 Plenty Rd, Preston.

- **Mallee District Aboriginal Services**

Call on 5018 4100 or drop in at 114 Orange Ave, Mildura.

You can call these co-ops even if you don't live near them.

The services are **free and private**.



Illustrator: Nakia Cadd

‘We’re all here to look out for each other. I’m not here to tell you how to spend your money. But if you feel like you need to talk to someone face-to-face about betting, it’s okay to come and have a yarn.’

Fallon Harris, Rumbalara

Online help

There is good help online:

- gamblershelp.com.au
- gamblinghelponline.org.au
- 100dc.com.au (the 100-day Challenge app and website can help you take a break from pokies or betting).

Staying out of venues

You can ban yourself from a pokies venue or the TAB. Call Gambler’s Help on 1800 858 858 and they will help you.

Gambler’s Help

Everyone is welcome to use their local Gambler’s Help service.

If you are feeling bad and want to yarn, give Gambler’s Help a call on 1800 858 858. You can call any day, any time.



Gambler’s Help 1800 858 858
gamblershelp.com.au/aboriginal