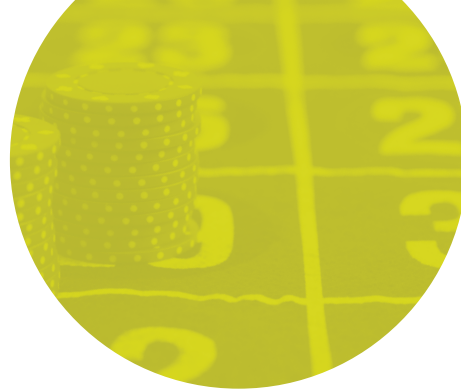


Contacting the ACT Gambling Support Service – what happens?



Every person is different so your needs will be different



'I want to talk about my gambling'



'I want to talk about my family member's gambling'



'I want to talk about my friend and their gambling'

1

MAKING CONTACT

Call as often as you need
Can be anonymous
Can arrange for you to see a counsellor in your area
www.gamblinghelponline.com for information, self-help and online support

24 HOURS A DAY
7 DAYS A WEEK
FREE AND CONFIDENTIAL

2

COUNSELLING SERVICES

For people experiencing harm from their gambling as well as their family and friends
By yourself or with a friend/family member
Free, confidential, independent and non-judgemental
Set collaborative goals about what you want to get out of counselling
Connects you with other support as needed, such as self-help resources and other services
Face-to-face or telephone

3

WHAT HAPPENS WHEN I TALK WITH A COUNSELLOR?

Financial Counselling

A financial counsellor will listen to your story to understand your financial position
Give you information about what options you have for your financial situation
Supports you to implement the financial changes you want to make in your life

Gambling Counselling

A gambling counsellor will talk about what's been going on and look at how gambling impacts your life
The approach and frequency are tailored to individual needs

Your gambling

You decide what you want to get out of counselling eg stop gambling completely, reduce gambling, or even look at why you gamble

How another person's gambling is affecting you

Explore strategies to help manage what's happening to you and your family in relation to gambling



EVERYONE HAS OPTIONS

Counsellors work with you to decide how often you talk and the duration of support

Counsellors don't tell clients to stop gambling or what to do