

Gambler's Help Services

Gambler's help provides you with a range of local services.

Individual Counselling

You can meet with a professionally trained counsellor on a one-off basis or for ongoing support.

Couples and Family Counselling

We meet with families for counselling around gambling and relationship issues.

Support

We can offer support for those people affected by someone else's gambling.

Financial Counselling

We can help you sort out your financial problems.

Community Education

We provide activities to raise awareness of problem gambling issues and available services. We can provide speakers for all types of community groups and organisations.

gambler's help
1800 858 858

problemgambling.vic.gov.au

Your **local** service for individuals and families affected by gambling

P: (02) 6022 8888
(Wodonga and district)

P: 1800 657 573
(For appointments in Wangaratta,
Benalla and other North East towns)



Contact Us
Monday to Friday
9am to 5pm

155 High St, Wodonga, VIC 3690
P: (02) 6022 8888 **Freecall:** 1800 657 573
F: (02) 6024 5792
E: mail@gatewaycommunityhealth.org.au
W: www.gatewaycommunityhealth.org.au



Gambler's Help

*Free & confidential
counselling service
(including financial
counselling)*



How can you tell if gambling is a problem for you?

Ask yourself the following questions

- Do you think about gambling often?
- Do you return to try and regain your losses?
- Do you feel depressed because of your gambling?
- Do you borrow money to gamble?
- Do you argue with your family over money you spend on gambling?
- Do you let bills go unpaid so you can use the money to gamble?
- Do you try to stop gambling but can't?
- Do you need help?

We can help

We are your **local** service and can help you or someone you care about with problems relating to gambling.

We offer support and advice and our professional counsellors will work with you in a safe, non-threatening, non-judgmental way.

Our service is free and confidential.

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Counselling

Counselling is an opportunity for you to discuss your issues and concerns.

We believe the counsellor's role is to:

- Help you to draw on your own strengths and resources
- Enable you to resolve your own problems
- Help you to explore options that make life choices clearer for you.

Financial Counselling

We can help you sort out your financial problems and help you to find ways to change your situation.

