# How to refer someone to a gambling help service

## What is a gambling help service?

Gambling help services provide **free and confidentia**l support for people who are experiencing harm from gambling. This can include people experiencing harm from someone else's gambling – including family members, partners, friends, co-workers.

Gambling help services also offer **free and confidential** support for staff working in venues, including in gaming rooms. Accessing this support will not affect a staff member's employment.

## Speak to someone from a gambling help service immediately

### During business hours

(Monday to Friday, 9am to 5pm)

**For:** to organise a time to speak to someone face to face or via telehealth. Turn over to see which gambling help service operates in your region:

### After hours

(Any time, available 24/7)

**For:** instant crisis support, individual or online counselling, information, tools and referrals to other services. Get in contact with the services below:

**Relationships Australia SA**
1800 934 196

**Gambling Helpline**
1800 858 858

**Uniting Country SA**
1300 067 777

**Gambling Help Online**
gamblinghelponline.org.au

**Lifeline South East:**
(08) 8723 2299

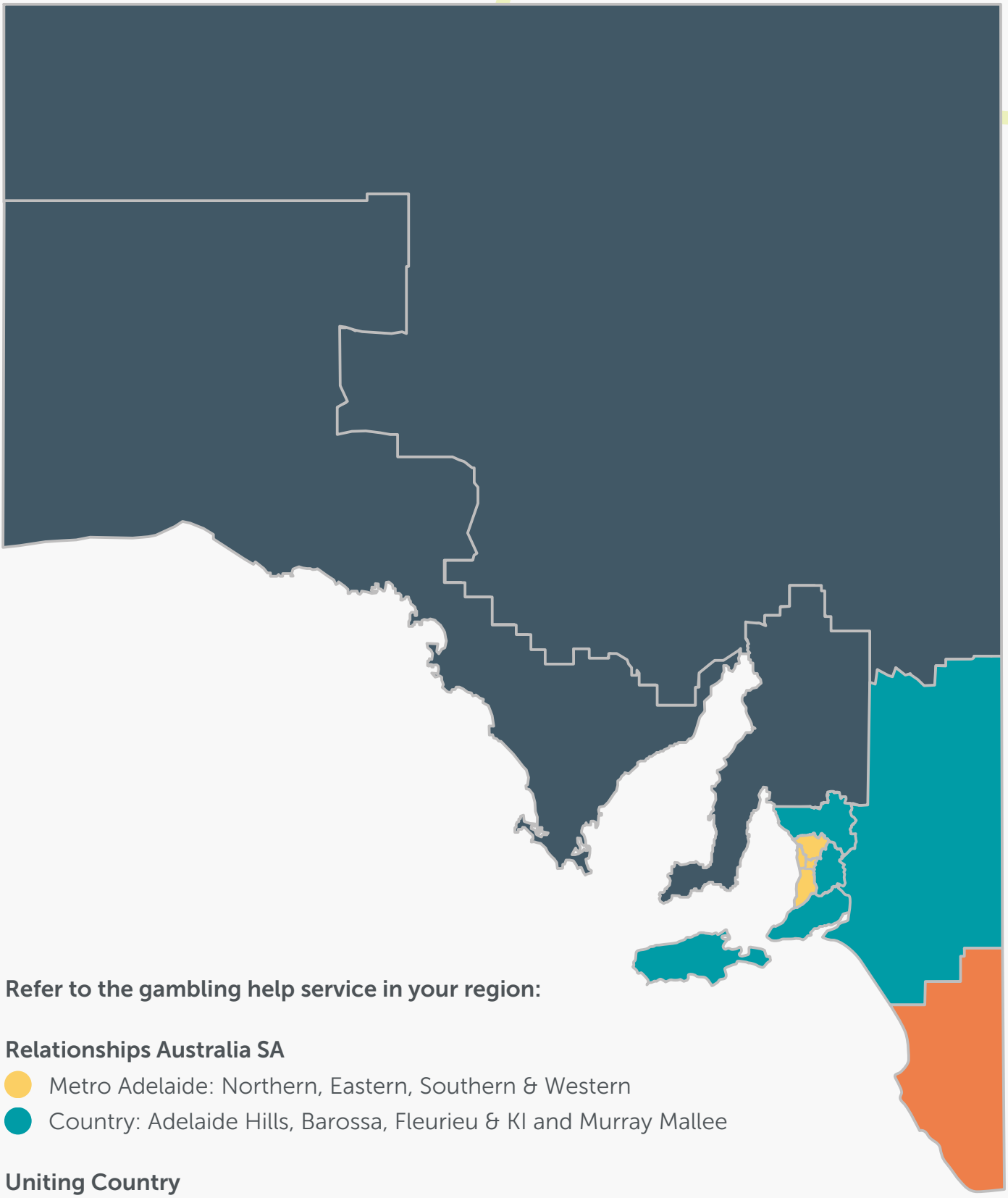
## Request a call back from a gambling help service

If someone would like a call back from a gambling help service, scan the QR code and complete the short online form.

The online form can also be accessed from the **"Want to talk to someone about your gambling?"** wallet cards.

Government of South Australia
Gambling Harm Support SA

# South Australian Map



**Refer to the gambling help service in your region:**

**Relationships Australia SA**

- Metro Adelaide: Northern, Eastern, Southern & Western
- Country: Adelaide Hills, Barossa, Fleurieu & KI and Murray Mallee

**Uniting Country**

- Far North, Yorke & Mid North and Eyre & Western

**Lifeline South East**

- Limestone Coast