



Your health: Finding help for a gambling problem



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There are many sources of help available to people who may have a gambling problem

Related links:

Gambling Counselling Service, Northern Sydney

The [Gambling Counselling Service](#) is a free and confidential service which offers treatment and support for problem gamblers and their families. We provide confidential support, understanding, advice and information for all drug, alcohol and gambling related issues. The Gambling Counselling Service is part of the Hornsby Drug, Alcohol and Gambling Service at Hornsby Ku-ring-gai Hospital and has outreach services in Mona Vale, Queenscliff, St Leonards and Ryde.

Available Monday to Friday, 8.30am to 5pm. Appointments are essential. After hours appointments by arrangement.

Phone: Hornsby 9477 9567, Ryde 9858 7776, Mona Vale 9998 0360, St Leonards 9906 7083

G-Line (NSW)

- Problem gambling information, counselling and referral help line. 24 hours 7 days per week. Phone: 1800 633 635; TTY: 1800 633 649 www.dgr.nsw.gov.au

Financial Counselling

- Wesley Gambling Financial Counselling Phone: (02) 9951 5566
- Credit and Debt Hotline Phone: 1800 808 488

Legal Counselling for gambling-related problems

- Legal Advice Line
Phone: 1800 731 073
- Legal Aid (Parramatta)
Phone: (02) 9891 1600
- Wesley Gambling Legal Services
Phone: (02) 9951 5544

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Self Exclusion Programs

- Hotels/Pubs
Game Change
Phone: 1300 137 404
- Registered Clubs
BetSafe
Phone: (02) 9874 0744
Or ask Club staff for information
- TAB
Contact staff at the TAB outlet
- Casino
Approach Security at the Casino or the Director of Operations, Casino Control Authority

Relationship Counselling

- Relationships Australia
Phone: (02) 9418 8800 (Northern Sydney)
Web: www.relationships.com.au
- Know the Odds (especially for young people affected by problem gambling)
www.knowodds.org
- Gambling Impact Society
Phone: (02) 4421 5077
www.gisnsw.org.au
- Gamblers Anonymous
www.gamblersanonymous.org.au
Phone: (02) 9564 1574
- Gam Anon (support for friends and family members of problem gamblers)
www.gamblersanonymous.org.au
Phone: (02) 9564 1595

Other Treatment Services for Problem Gamblers

- Phone G-Line (NSW) problem gambling information, counselling and referral help line 24 hours 7 days per week.
Phone: 1800 633 635; TTY: 1800 633 649
- St Vincent's Hospital Gambling Treatment Program Darlinghurst
Phone: 8382 3448
- The University of Sydney Gambling Treatment Clinic Camperdown
Phone: (02) 9351 6346
- Wesley Gambling Counselling Service
Phone: (02) 9951 5566

Self Help Books

- Simon Milton (2001) 'Stop Gambling: A self-help manual for giving up gambling' Sydney: Pan Macmillan
- Alex Blaszczynski (1998) 'Overcoming compulsive gambling: A self-help guide using cognitive behavioural techniques' London: Robinson
- Federman, Drebing and Krebs (2000) 'Don't leave it to chance: A guide for families of problem gamblers' Oakland: New Harbinger

We have more fact sheets on gambling: "[Do you have a gambling problem?](#)", "[How does gambling become a problem?](#)", "[Information for family & friends](#)". Or you might like to look at the [Gambling Counselling Service](#) site, or the [Drug, Alcohol and Gambling Service](#) information.



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