



## PROBLEM GAMBLING DROP-IN COUNSELLING

A SERVICE OFFERED BY  
GAMBLER'S HELP CITY AND INNER NORTH

**WHERE:** Level 2, 69 Bourke Street, City  
(Salvation Army building)

**WHEN:** Wednesdays, 12pm–3pm

**WHAT:** A free, confidential counselling session with  
a trained problem gambling professional

**WHO:** Anyone with concerns about their own  
gambling or gambling by a partner,  
relative, friend or other person

**HOW:** Come to 2nd floor reception and ask for  
the drop-in gambling counsellor

**QUERIES:** Call 9653 3250

JUST HAVE ONE OR TWO QUESTIONS TO ASK ABOUT GAMBLING?

NOT SURE IF COUNSELLING IS FOR YOU?

DON'T LIKE WAITLISTS?

PREFER A CASUAL CHAT TO A FORMAL APPOINTMENT?

## IMPORTANT INFORMATION:

- Drop-ins will be seen on a first come, first served basis within the set hours.
- You must stay in the 2nd floor waiting area to keep your place.
- This service offers counselling only. It is not a crisis support service, and material aid or letters cannot be provided.
- This service is for new clients. Limit of two drop-in sessions per person. Further sessions are available via intake to ongoing counselling, wherever possible with the same counsellor.
- On very busy days it may not be possible to see all drop-ins. In this case a follow-up call will be offered.

## OTHER SERVICES:

- 24-hour telephone counselling **1800 858 858**
- 24-hour live chat with a gambling counsellor  
**[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)**
- Self-help resources and contacts for other Gambler's Help agencies  
**[www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au)**