

# Statewide Gambling Therapy Service

Statewide Gambling Therapy Service delivers treatment for problem gambling at our three offices in metropolitan South Australia and provides visiting services to some regional areas.

## Southern Metro & Rural Areas

**Flinders Medical Centre**  
Block E2, The Flats, Flinders Drive  
Bedford Park

P: (08) 8204 6982

## Northern Metro Area

**Salisbury**  
20B John Street, Salisbury

P: (08) 8182 4911

[www.sagamblingtherapy.com.au](http://www.sagamblingtherapy.com.au)

Gambling Helpline  
P: 1800 060 757

# Statewide Gambling Therapy Service



DOES SOMEONE YOU KNOW HAVE A  
**GAMBLING**  
**PROBLEM?**

[www.sagamblingtherapy.com.au](http://www.sagamblingtherapy.com.au)

The Statewide Gambling Therapy Service  
is provided by the Southern Adelaide Health Service

# Is gambling a problem for you or someone close to you?

Gambling may be a problem if you are:

- Spending more money and time on gambling than you intended
- Hiding your gambling from other people
- Borrowing money to pay for living expenses e.g. to pay for your phone bill, groceries or petrol, because you used the money for gambling
- Losing interest in other activities
- Finding that work or your role as a parent is affected by your gambling behaviour
- Lying about where you have been when you have been gambling
- Not going to work or not being home as often as usual

## Help is available

We provide a **free, effective** and **confidential** service that helps problem gamblers **overcome the urge to gamble and get control of their lives.**

Statewide Gambling Therapy Service uses mainly cognitive behavioural therapy to help people gradually face situations and feelings that have made them want to gamble, and assist them in learning that with help and practice they can work through and overcome their gambling problems.

We offer several services to help people who have problems with gambling:

- **One-on-one therapy** for people with gambling problems as well as for friends and family as needed,
- Optional **hospital-stay program** delivering intensive treatment over two weeks with follow-up therapy,
- **Support groups** for problem gamblers and people who care about them.

Treatment typically involves from **4 – 10 weekly one-on-one sessions** with a qualified therapist; the number of sessions is determined by clients' individual needs and circumstances.

In addition to tackling the gambling problem, our therapists assess for and treat other related mental health problems such as depression and anxiety.

We encourage partners and family members to be involved in therapy where appropriate and provide support for them too. New clients also have the option of speaking with previous clients of our service; people who have had first-hand experience with a gambling problem and overcome it.

