

Gambler's Help services operate from around 100 locations across Victoria. You can contact a Gambler's Help service to make an appointment with a Gambler's Help therapeutic or financial counsellor. All services are free and confidential.



**Gambler's
Help**
1800 858 858

Gambler's Help is a free service for people who are affected by gambling. The services provided by Gambler's Help include:

- Professional, confidential counselling for people who have been impacted by gambling
- Counselling for the family and friends of people who have been impacted by gambling
- Financial counselling can help by providing information, options and practical assistance to minimise the financial impacts from gambling
- Community education to improve community awareness and knowledge about gambling, the potential risks and how to recognise risky gambling behaviour.

Anybody impacted by gambling (your own gambling or someone else's), can call the Helpline, 24 hours a day, 7 days a week on 1800 858 858. This service can give you the contact details for your nearest Gambler's Help service or, if you prefer, a service away from where you live. Calls to the Helpline are free from landlines, and won't be listed on your phone bill (though may be listed on mobile bills).

24/7 support

Support, information and counselling services are available 24 hours a day, 7 days a week. To speak to a professional immediately, you can:

Talk online now

Phone Gambler's Help on 1800 858 858

[Access information and support materials.](#)

Gambling services in Victoria

Gambler's Help services operate from around 100 locations across Victoria. To find out where your closest service is located, phone 1800 858 858 or, visit [Gamblers Help](#). You can contact a Gambler's Help service to make an appointment with a counsellor.

Self-exclusion

Self-exclusion is a gambling industry based program which allows individuals with a gambling issue to ban themselves from the gaming areas of nominated hotels, clubs and the casino. In Victoria, it is a requirement that all venue operators have a self-exclusion program.

Information on the self-exclusion programs operating in Victoria can be viewed as follows:

- [Victorian hotels](#)
- [Responsible Gaming at Crown](#)
- [BetFair responsible gambling policy](#)

Information in other languages

[View information about gambling support services available in other languages.](#)