

Gambling Harm Prevention Help Card



knox



Support

For crisis support:

Lifeline 24/7

Phone: 13 11 14

Text: 0477 13 11 14

Online chat: lifeline.org.au/chat

For free and one-to-one
support with a counsellor over
the phone or live chat:

Gambling Helpline 24/7

Phone: 1800 858 858

Online chat:
[gamblinghelponline.org.au/
immediate-help](https://gamblinghelponline.org.au/immediate-help)

Email: [gamblinghelponline.
org.au/tools-resources/email-
support](mailto:gamblinghelponline.org.au/tools-resources/email-support)

For face-to-face counselling
and financial counselling
services:

Gambler's Help (Each)

Phone: 1300 131 973

Address: 46 Warrandyte Road,
Ringwood, Victoria 3134

Weekdays 9am-5pm
(after hours on Tuesdays by
appointment)
gheintake@each.com.au
[gamblershelp.com.au/get-help/
find-support/each-ringwood](https://gamblershelp.com.au/get-help/find-support/each-ringwood)

For under 25s seeking free
and confidential counselling
support over the phone:

Gambler's Help Youthline 24/7

Phone: 1800 262 376

For free, independent
and confidential financial
counselling:

National Debt Helpline

Phone: 1800 007 007

Weekdays 9.30am – 4.30pm

Online chat: ndh.org.au

Weekdays 9.00am – 8.00pm



Knox City Council
9298 8000
knox.vic.gov.au

Support

For Aboriginal and Torres Strait Islander people seeking free legal advice and financial counselling:

Mob Strong Debt Help

Phone: 1800 808 488
Weekdays 9.30am – 4.30pm
financialrights.org.au/getting-help/mob-strong-debt-help



For free legal assistance:

Eastern Community Legal Centre

Phone: 1300 32 52 00
Monday to Thursday,
9.00am – 5.00pm
Address: Suite B, 6 Floriston
Road, Boronia VIC 3155
www.eclc.org.au

If gambling is contributing to family violence or safety concerns, please contact:

Orange Door

Phone: 1800 271 150
Weekdays 9.00am – 5.00pm
Address: 4/16 Devon Street,
Croydon VIC 3136
oema@orangedoor.vic.gov.au
orangedoor.vic.gov.au

Resources

A free and confidential app that helps you to cut back or quit gambling:

Reset App

gamblershelp.com.au/get-help/help-yourself/reset-app

Group support for anyone concerned about or affected by gambling:

Gambler's Anonymous Australia

gaaustralia.org.au/home-about

To block yourself from all Australian licensed online and phone gambling services:

BetStop

betstop.gov.au

To block yourself from venues like pubs, clubs and casinos:

Self Exclusion Program

gamblershelp.com.au/get-help/help-yourself/self-exclusion

Track and set limits on how much money and time you spend on gaming machines:

YourPlay

Phone: 1300 838 031
yourplay.com.au

**You can register for YourPlay online or at a kiosk at any venue.*

Resources for anyone concerned about or affected by gambling:

Gambling Help Online

gamblinghelponline.org.au