

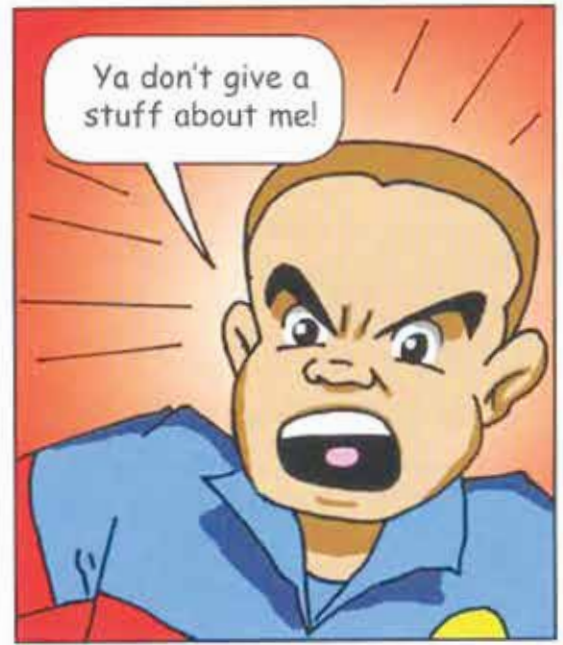
PLAY IT SAFE, UNNNA?



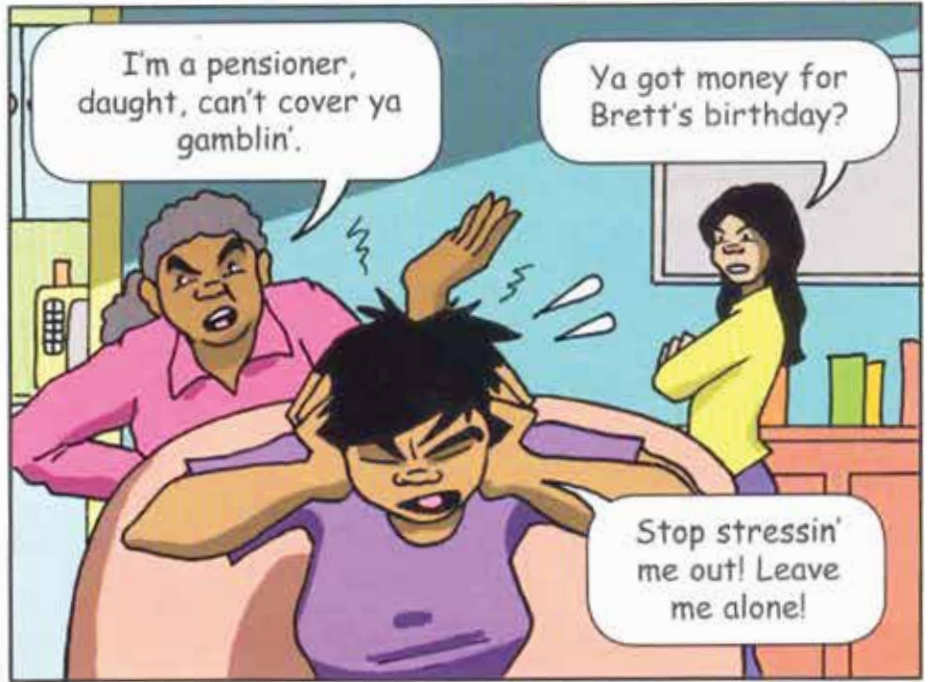
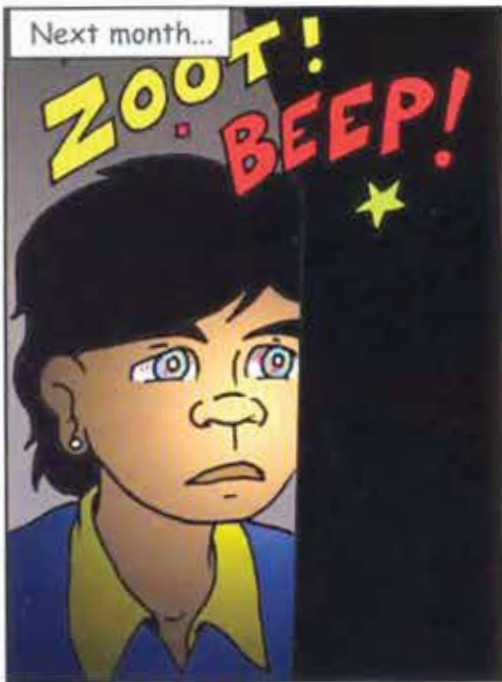




* Nukkan ya - Nunga phrase for thanks.



* bunda - Nunga word for money.





At the financial counsellor's office ...

We'll look at your income, work out a budget. Get electricity and rent taken straight out of your account. Offer your old employer \$10-20 per week...

OK.

Back at the gambling counsellor's...

You can start by asking the local pubs and clubs to ban you from gambling. It's called "self exclusion".

I'll do that until I get things under control.

Fresh air and family helps.

POKIES

Just keep on walkin'. I got to get through this each day...

Gee this is deadly!

12 months later at the local TAFE...

Welcome to the first day of your journey to becoming counsellors.

I love you, son. Sorry it took so long.

Thanks Mum!

DO YOU...

- find it hard to control or stop gambling?
- gamble as a way to deal with personal problems?

Do you spend so much money and time gambling that you...

- find it hard to pay bills?
- argue about money a lot?
- lose interest in family or work?
- borrow money from relatives?
- need to pawn stuff?
- feel sick?

These services are free and confidential:

ABORIGINAL GAMBLING THERAPY SERVICE

Southern Adelaide Local Health Network
Flinders University, Block E2, The Flats **BEDFORD PARK**
Tel: 08 8204 6982

NORTH/WEST METROPOLITAN

Flinders University, 28 Ann Street **SALISBURY** Tel: 08 8182 4911

SOUTHERN METROPOLITAN

Flinders University, Block E2, The Flats **BEDFORD PARK**
Tel: 08 8204 6982

BERRI/BARMERA

Aboriginal Family Support Services, 23 Denny Street **BERRI**
Tel: 08 8582 3192

www.afss.com.au/gambling-help-services

CEDUNA

Ceduna Koonibba Aboriginal Health Services
Aboriginal Corporation, 1 Eyre Highway **CEDUNA** Tel: 08 8626 2500
www.ckahsac.org.au

MURRAY BRIDGE

Aboriginal Family Support Services, 27 Beatty Terrace
MURRAY BRIDGE Tel: 0418 499 649

www.afss.com.au/gambling-help-services

PORT AUGUSTA

Aboriginal Family Support Services, 47 Commercial Road
PORT AUGUSTA Tel: 08 8641 0907

www.afss.com.au/gambling-help-services

PORT LINCOLN

Aboriginal Family Support Services, 3 Gloucester Terrace
PORT LINCOLN Tel: 08 8683 1909

www.afss.com.au/gambling-help-services

YOUR NEXT STEP IS EASIER THAN YOU THINK

At a Gambling Help Service, you can talk to trained experienced people who understand how easily the warning signs can escalate into a gambling problem. They will help you identify the potential for a problem, and establish an approach to prevent your gambling behaviour affecting you and your family.

Many people have resolved their gambling problems with a Gambling Help Service. The hardest part is taking the first step.

The rest is easier than you might think.

www.problemgambling.sa.gov.au

Gambling Helpline: 24 hrs a day, 7 days a week

1800 858 858

The Gambling Helpline can organise an interpreter for you

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