

Support Services for those needing help

Gambling Help

Gambler's Help 1800 858 858, www.problemgambling.vic.gov.au

Gambler's Help is a 24 hour phone counselling service, and is an initiative of the Victorian Government. Their website also has self-help tools and information on how gambling works.

Gambling Help Online gamblinghelponline.org.au

Gambling Help Online provides free online counselling services by trained staff, including live counselling and email support. Their website also has self-help tools.

Financial Help

Money Help 1800 149 689 moneyhelp.org.au

Money Help is a Victorian Government initiative and provides tools and advice to help people manage their money. They also offer a free, independent and confidential financial counselling service.

Financial Counselling financial-counselling.org.au

Financial Counselling is a free; community based counselling service in the Southern region of Victoria. Financial Counselling is sponsored by the Department of Justice.

Legal Help

Federation of Community Legal Centres (FCLC) 9652 1500 communitylaw.org.au

The FCLC is the peak body for over 50 community legal centres across Victoria and provides information and referrals to people seeking legal assistance.

Legal Aid 1800 677 402 legalaid.vic.gov.au

Victoria Legal Aid helps people with their legal problems. They can help in areas of criminal law, family law and some civil law matters.

Youth Law Centre of Victoria 9611 2412 youthlaw.asn.au

Youthlaw is a specialist state wide community legal centre for young people. They provide free and confidential legal advice to young people up to the age of 25.

People Help

beyondblue 1300 224 636 beyondblue.org.au

beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia. They also have information about gambling and depression.

Kids Helpline 1800 551 800 kidshelp.com.au

If you don't know what to do or just want to talk to someone about the grown-ups in your life, kids can call Kids Helpline to talk about anything for any reason.

Lifeline 13 11 14 lifeline.org.au

Anyone can talk to Lifeline for help and support at any time.