

Concerned about your gambling? It's ok to ask for help

GAMBLING INTERVENTION SERVICE

FREE counselling by
Lives Lived Well

Talk to us today...

Sometimes problems with drugs and alcohol can go hand in hand with gambling concerns. Research shows that tackling a gambling concern while getting support for alcohol and drug use can lead to long term recovery in both.

How we can help

Our experienced counsellors can help you with confidential gambling support including:

- ✦ identifying your level of risk
- ✦ individual counselling and group sessions
- ✦ helping you to reduce the harms associated with gambling
- ✦ putting together a plan and practical strategies to deal with or reduce your gambling
- ✦ information and referral to other treatment and support services
- ✦ support in dealing with the impact of gambling on families and loved ones
- ✦ links to further information and education resources.

Do I need a referral?

No, just speak to your Lives Lived Well counsellor who will help you identify your level of risk and advise you of next steps.

Is there a cost?

No, our services are **FREE**.

Service locations for gambling support

We provide gambling support to people accessing our Lives Lived Well services in **BRISBANE, GOLD COAST, ROCKHAMPTON and TOWNSVILLE**



The Gambling Intervention Service is administered and delivered by Lives Lived Well with funding from the Queensland Government Department of Justice and Attorney-General.

Funded by



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Lives Lived Well
Passionate about the possibilities