

Help Us Help You – Together we can Take Control

Self-exclusion is a way that we can assist you to take control of your access to gambling.

If you feel that you (or someone you know) really needs to stop, but can't, then self-exclusion might be a good option. Self-exclusion means voluntarily prohibiting yourself from entering SKYCITY.

Talk to our on-duty Host Responsibility Coordinator (HRC) any time day or night, about self-exclusion. If you are not on the premises, call the HRC on **8218 4141**. Our specially trained team is here to provide you with discreet and confidential assistance and support any time.

Our Group-wide Commitment

SKYCITY Adelaide belongs to the SKYCITY group of entertainment companies. A strong commitment in providing information on problem gambling and support for our customers exists across the group.

Programs are in place at each site to ensure that customers can easily access help relating to the responsible use of alcohol and gambling 24 hours a day, 7 days per week.

SKYCITY Adelaide endorses and promotes safe gambling and the responsible service of alcohol.

Other Services Available

Gambling Help Line.

Free and Confidential

Tel: **1800 060 757**

The Gambling Helpline is a free 24-hour counselling, information and referral service to assist people in South Australia with gambling related problems, or those affected by the gambling of others including family members.

Gambling Help Services South Australia

The Gambling Help Services are a group of health and welfare agencies and organisations serving metropolitan, rural and regional South Australia.

All Gambling Help Services are:

- Free
- Confidential
- Professional

What Services are Provided?

- Individual and Family Counselling
- Financial Counselling
- Support Groups (where applicable)
- Community Education



SKYCITY Disclaimer: Entry to the Adelaide Casino is open to all persons 18 years and over. Dress Code applies. Gamble Responsibly.

**WOULD YOU LIKE
A HELPING HAND?**



“ If you or someone you know shows signs of problem gambling ... help is at hand. ”

Play Responsibly – We’re Here to Help

Entertainment and gaming at SKYCITY Adelaide is all about having a good time. We recognise, however, that gambling can become an issue of concern for some people.

SKYCITY encourages you to play responsibly and always within your means.

Should you ever feel your gambling (or that of someone you know) is getting out of control, we are here to help.

Just talk to our staff

Tell any SKYCITY staff member that you’d like to see one of our Host Responsibility Coordinators (HRCs). A HRC is available 24 hours a day, any day, offering support, information and helpful suggestions on how you might be able to continue gambling in a way that is safe, controlled and fun. The HRC can also put you in contact with the various help services available.

What are some of the signs to look out for?

- Feelings of anxiety and stress rather than fun.
- Negative impacts on home life created by absence / financial stress.
- Feelings of remorse after gambling.
- Bills going unpaid.
- Getting into debt because of gambling.
- The desire to win back losses.
- Inability / difficulty to not gamble at every opportunity
- Inability / difficulty to stop gambling once started
- Using gambling as an escape from worries, problems and other stresses.
- Increased alcohol consumption.
- Changes in eating or sleeping patterns due to gambling.
- Consideration / execution of an illegal act to finance gambling.
- Consideration / infliction of self-harm after gambling.

Gambling Helpline

1800 060 757

Free and confidential • 24 hours

Gamble responsibly