



# Sick of being broke?

Many people find managing their money hard.

Living payday to payday can be stressful.

A financial counsellor can help you sort out the stress!

Financial counsellors are free and private.

## What does a financial counsellor do?

- Help you get on top of your money worries.
- Show you how to work out a simple budget.
- Help you sort out bills, loans and old debts, and set up affordable repayment agreements.
- If you want, they can talk to people demanding money from you.



'When people come to us, we help them find a way to manage their money and start saving for things like little family holidays, which can be a huge deal for them.

The pokies and betting can cause problems that affect the entire family. If someone needs a loan, they might ask a family member. We know it's hard, but it's better to help in other ways if someone is in need.

We encourage people to feel comfortable talking to family or community if they're stressed because of pokies or betting, and to come and see us if they need help.'

**Chantelle McGuinness,  
Victorian Aboriginal Health Service**

Financial counselling is available in Melbourne at the Victorian Aboriginal Health Service. Phone 9419 3300 for an appointment.

Gambler's Help offers financial counselling in regional towns. Phone Gambler's Help on 1800 858 858 for an appointment.



Illustrator: Nakia Cadd



**Gambler's Help** 1800 858 858  
[gamblerhelp.com.au/aboriginal](http://gamblerhelp.com.au/aboriginal)