Financial Counselling
A guide to your options

Are you facing a financial crisis due to gambling?

Some debt problems are easy to solve. Others need professional help. Seek help to solve your financial problems before they get out of control.

For immediate help, call the Problem Gambling Help Line any time of the day or night: ***1-888-347-8888***

Consider these options:

Apply for Debtor Assistance

Get free advice through the province's Debtor Assistance Program. Knowledgeable and professional staff can help you get back on track financially. They will review your budget and recommend the option that will work best for you.

You may qualify for a Consumer Proposal. Program staff negotiate with your creditors to reduce the amount of your debts, extend the time you have available to pay, and protect you from certain collection activity. You will also get financial counselling as part of the program. You don't pay any fees. Your creditors cover the costs of this service.

Call for a free appointment with a Debtor Assistance Administrator: 424-5200 or toll-free 1-800-670-4357 or visit www.accessns.ca/consumer/debtor

Contact a private credit counsellor

Various private sector companies offer credit counselling in Nova Scotia. Most charge a fee for their programs and services. Check the Yellow Pages under Credit & Debt Counselling Services.

Addiction Services

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Consolidate your loans

If you have a number of loans and credit card debts, you may make these more manageable with a consolidation loan. This is a loan to pay off your other debts. You are left with one loan payment and, perhaps, a lower interest rate. Talk to your bank or lending institution to see if this is a good option for you. You may need someone to co-sign the loan. The bank may charge fees for this service. Contact your bank for more information.

File for bankruptcy

When you declare personal bankruptcy, a bankruptcy trustee manages your financial affairs for about 9 months. Your unsecured debts may be eliminated during this process. Declaring bankruptcy is usually for those in serious financial crisis. It can be the best option in some cases. Your bankruptcy is recorded on the Credit Bureau as a Public Record. It remains there for 6 years after you finish the bankruptcy process. There are fees associated with the administration of the bankruptcy. Check the Yellow Pages under Bankruptcies-Trustees.

To get help with gambling problems,

- call the Problem Gambling Help Line at **1-888-347-8888**
- visit your local Addiction Services office. To find a location in your community, visit **www.addictionservices.ns.ca**

For more information about gambling, including resources for help, go to **www.gov.ns.ca/hpp/gambling**

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