CHECKLIST

Checklist: Preparing to ask for help with gambling addiction

- [ ] Save the National Gambling Helpline number in your phone under a neutral name
- [ ] Visit the GamCare website and read about the kinds of support available
- [ ] Set up one blocking tool such as GamStop or BetBlocker
- [ ] Write one sentence that names the problem and keep it where you can see it
- [ ] Choose who to tell first based on what you need most urgently
- [ ] Prepare a simple opener such as "I have a gambling problem and I need help"
- [ ] Remind yourself that asking for help is the hardest step and also the one that changes everything