CHECKLIST

Your first steps into peer support for gambling

- [ ] Find a support group near you through GamCare or BeGambleAware
- [ ] Attend your first meeting without pressure to speak
- [ ] Listen to how others describe their experiences
- [ ] Return for at least three sessions before deciding if the group suits you
- [ ] Share your story when you feel ready, not before
- [ ] Exchange contact details with someone you trust in the group
- [ ] Combine group support with other help such as counselling or blocking tools
- [ ] Reach out to the group between meetings when urges arise