CHECKLIST

Free Gambling Help: Your First Steps

- [ ] Save the National Gambling Helpline number: 0808 8020 133
- [ ] Visit GamCare to explore counselling and support groups in your area
- [ ] Register with GamStop to block access to licensed gambling sites
- [ ] Download free blocking software to your device
- [ ] Find out what debt you owe and contact a free debt advice charity
- [ ] Identify one barrier to overcome this week: a call, a registration, a download
- [ ] Remember that asking for help is the hardest and most important step