



CHECKLIST

Supporting someone with a gambling problem: your checklist

- ☐ Choose a calm time to talk about what you have noticed
- ☐ Describe specific behaviours rather than labelling the person
- ☐ Offer to sit with them while they register for GamStop or install blocking software
- ☐ Set clear boundaries around money and stick to them
- ☐ Protect your own finances by opening a separate account if needed
- ☐ Attend a GamAnon meeting or contact GamCare for support for yourself
- ☐ Recognise that recovery takes time and setbacks are common
- ☐ Seek professional help if the person shows signs of severe distress or suicidal thoughts