CHECKLIST

Recognising the shift from casual to problem gambling

- [ ] Ask yourself if you stick to the limits you set or break them regularly
- [ ] Notice whether you chase losses instead of accepting them and walking away
- [ ] Check if gambling takes up thoughts when you are not playing
- [ ] Look for signs that money meant for bills or savings is going to gambling
- [ ] Observe whether you lie about spending or hide gambling from people close to you
- [ ] Assess if work, hobbies or relationships have suffered because of gambling
- [ ] Consider whether you feel restless or irritable when you cannot gamble
- [ ] Reach out to GamCare or BeGambleAware if any of these patterns feel familiar