



CHECKLIST

Steps to take control of compulsive gambling

- ☐ Register with GamStop to block access to licensed gambling sites

- ☐ Install blocking software on all devices you use

- ☐ Tell one trusted person what is happening

- ☐ Call the National Gambling Helpline for immediate support

- ☐ Delete gambling apps and unsubscribe from promotional emails

- ☐ Seek counselling through GamCare or Gordon Moody

- ☐ Join a peer support group such as Gamblers Anonymous

- ☐ Address debt with free advice from organisations such as StepChange
