CHECKLIST

Taking a Break from Gambling: Your Action Checklist

- [ ] Log in and find the cooling-off or account controls section
- [ ] Choose a period that feels uncomfortable rather than easy
- [ ] Write down the date the break ends and what you will do instead
- [ ] Unsubscribe from marketing emails before the break starts
- [ ] Tell one person what you are doing
- [ ] Move money out of easy reach during the break
- [ ] Write down when urges come and what happens just before them
- [ ] Register with GamStop if you have accounts on multiple sites
- [ ] Install blocking software to cover unlicensed sites
- [ ] Contact GamCare or BeGambleAware if the break reveals a deeper problem