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CHECKLIST

Preparing for Your Gambling Assessment

- [ ] Write down when your gambling started and when it became a problem
- [ ] Bring a rough idea of debts and who you owe money to
- [ ] Think about what triggered returns to gambling after previous attempts to stop
- [ ] Write down questions you want to ask about treatment options
- [ ] Choose the format that feels most comfortable: phone, video or face to face
- [ ] Remind yourself that honesty helps you receive the right support
- [ ] Contact GamCare or another service to book your assessment