



CHECKLIST

Steps to Interrupt the Urge to Gamble

- ☐ Block access to gambling sites using GamStop or blocking software

- ☐ Write down your three strongest triggers

- ☐ Set a ten-minute delay before any gambling decision

- ☐ Remove gambling-related apps and unsubscribe from promotional messages

- ☐ Avoid routes or locations tied to past gambling

- ☐ Talk to someone before you gamble

- ☐ Use a different activity when a trigger occurs

- ☐ Contact the National Gambling Helpline if the urge feels overwhelming
