CHECKLIST

Supporting someone with a gambling problem: what to do this week

- [ ] Choose a calm moment to talk with them one-to-one about what you have noticed.
- [ ] Listen to their perspective without getting angry or judgmental.
- [ ] Offer to help them look up professional support services and make a first call together if they want.
- [ ] Discuss whether they would like to use tools like deposit limits or self-exclusion and help them set these up if they say yes.
- [ ] Suggest they speak to a debt adviser if gambling has created financial problems they need help understanding.
- [ ] Be clear about what you will and will not do — especially around lending money or paying debts.
- [ ] Think about whether you need support yourself and look into counselling if their gambling is affecting you.