CHECKLIST

Noticing gambling harm in someone close to you

- [ ] Watch for unexplained borrowing or thinning savings
- [ ] Notice secrecy around phones or devices
- [ ] Look for mood swings that follow wins and losses
- [ ] Check for withdrawal from friends, hobbies or routines
- [ ] Write down what you notice before raising it
- [ ] Choose a calm moment to start the conversation
- [ ] Ask about feelings before asking about money
- [ ] Protect your own finances where you can