CHECKLIST

Recognising Gambling Harm: A Checklist

- [ ] Write down the financial signs you have noticed
- [ ] Ask your bank to block gambling transactions
- [ ] Tell one person you trust about what is happening
- [ ] Register with GAMSTOP to block all licensed gambling sites
- [ ] Call the National Gambling Helpline on 0808 8020 133
- [ ] List all debts and income to see what can be paid
- [ ] Contact StepChange or Citizens Advice for free debt help