CHECKLIST

Recognising when gambling is becoming a problem

- [ ] Notice if you are dipping into money set aside for bills or rent
- [ ] Spot patterns of chasing losses or believing a win will fix everything
- [ ] Recognise when gambling takes priority over plans with friends or family
- [ ] Set deposit limits on every account before your next wage arrives
- [ ] Tell one person you trust what you have noticed changing
- [ ] Remove saved card details from gambling sites
- [ ] Protect money for essential bills by moving it into a separate account immediately
- [ ] Contact the National Gambling Helpline for free confidential support