CHECKLIST

Preparing to tell someone: your checklist

- [ ] Decide who to tell first based on trust and emotional distance from the immediate harm
- [ ] Write down the core facts you need to say and keep the note with you
- [ ] Choose a calm moment with privacy and enough time for a full conversation
- [ ] Contact a helpline or support service before the conversation if you need to rehearse
- [ ] Register with GAMSTOP to show you have taken a concrete step
- [ ] Gather information about debts so you can answer questions clearly
- [ ] Acknowledge the harm your actions have caused to others
- [ ] Ask for specific help rather than leaving the other person unsure how to support you