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CHECKLIST

Starting Gambling Support Counselling: A Quick Checklist

- [ ] Note down how gambling is affecting your mood, money and relationships
- [ ] Contact a gambling helpline and ask specifically about counselling
- [ ] Decide whether phone, online or in-person sessions suit you best
- [ ] Set a date for your first contact rather than leaving it open-ended
- [ ] Tell someone you trust that you are taking this step
- [ ] Ask whether money worries can be addressed alongside counselling