CHECKLIST

A one-page plan for the week gambling harm has left you worried

- [ ] Write down what you owe and what leaves your account each month.
- [ ] Ring the National Gambling Helpline and say what has happened.
- [ ] Ask your bank for a transaction block on gambling payments.
- [ ] Install blocking software on every device you use.
- [ ] Tell one person where you are up to.
- [ ] Book a GP appointment about how you have been feeling.
- [ ] Open the post in daylight, one letter at a time.
- [ ] Put something with a shape into the hours you used to spend betting.