CHECKLIST

Acting now: a checklist for using joint money safely

- [ ] Check your account balance and recent transactions today
- [ ] Contact your bank about freezing spending or setting controls
- [ ] Set a deposit limit on any gambling account you use
- [ ] Register with GAMSTOP to block all licensed UK gambling sites
- [ ] Plan what you'll tell your partner before they find out another way
- [ ] Choose a calm moment for the conversation this week
- [ ] Write down the tools you're going to use to prevent this again
- [ ] Save the National Gambling Helpline number in your phone