CHECKLIST

Steps to take when you've borrowed money for gambling

- [ ] Freeze credit accounts and cancel unused cards to stop new borrowing
- [ ] Register with GAMSTOP to block gambling sites licensed in Great Britain
- [ ] Install blocking software such as Gamban or BetBlocker on all your devices
- [ ] Write down every debt you owe, who holds it and the interest rate
- [ ] Separate priority debts from non-priority debts using the urgency column
- [ ] Contact a free debt advice service such as StepChange or National Debtline
- [ ] Draft a realistic budget showing income, essential costs and what remains
- [ ] Write to non-priority creditors with your budget and a payment offer
- [ ] Call the National Gambling Helpline or visit BeGambleAware for support
- [ ] Keep GAMSTOP active and check in with support services when urges return