CHECKLIST

First steps when gambling has caused money problems

- [ ] Register with GAMSTOP to self-exclude from licensed gambling sites across Great Britain
- [ ] Ask your bank to block gambling transactions on your card or account
- [ ] Install a device-level blocker such as BetBlocker or Gamban
- [ ] Write down every debt you owe, including money borrowed from family
- [ ] Separate your priority debts from non-priority debts
- [ ] Contact creditors before going into arrears and ask about payment arrangements
- [ ] Move your wages into an account not linked to gambling, then set up direct debits for bills on payday
- [ ] Call the National Gambling Helpline on 0808 8020 133 for free, confidential support
- [ ] Contact a free debt advice service to understand your formal options