CHECKLIST

Warning Signs of Gambling Harm: A Checklist for Families

- [ ] Notice unexplained withdrawals or missing money from shared accounts
- [ ] Watch for increased time online, especially late at night or in private
- [ ] Observe changes in sleep patterns, hygiene or physical appearance
- [ ] Listen for lies about whereabouts or defensive reactions to questions about spending
- [ ] Track whether bills go unpaid despite sufficient income
- [ ] Note withdrawal from family activities, hobbies or veteran support networks
- [ ] Recognise mood swings between euphoria and despair
- [ ] Pay attention to increased alcohol use alongside gambling behaviour
- [ ] Call the National Gambling Helpline immediately if you hear talk of suicide or self-harm
- [ ] Protect essential funds by moving them to accounts the gambling person cannot access alone