CHECKLIST

Veteran Gambling Support Checklist

- [ ] Call the National Gambling Helpline on 0808 8020 133 for immediate confidential advice
- [ ] Register with GamStop at gamstop.co.uk to block all licensed gambling sites
- [ ] Install Gamban or BetBlocker on your devices to block unlicensed sites and apps
- [ ] Contact a veteran charity such as Gordon Moody, Royal British Legion or Combat Stress
- [ ] Set deposit limits or time-outs on any accounts you are not ready to close
- [ ] Reach out to StepChange if gambling debts are building and arrange a repayment plan
- [ ] Find a local Gamblers Anonymous meeting or veteran peer support group
- [ ] Tell one person you trust what is happening so you are not managing this alone