CHECKLIST

Steps to Address Gambling Harm and Mental Health Together

- [ ] Set a deposit limit or register with GAMSTOP to create distance from gambling.
- [ ] Talk to your GP about both the gambling and your mental health symptoms.
- [ ] Call the National Gambling Helpline for confidential support.
- [ ] Let one trusted person know what you're experiencing.
- [ ] Look into counselling that addresses gambling harm and trauma together.
- [ ] Install blocking software on your devices if you need another layer of protection.
- [ ] Write down the warning signs you recognise in yourself.
- [ ] Keep the contact details for GamCare and BeGambleAware somewhere you can find them quickly.