CHECKLIST

Gambling Crisis Action Plan

- [ ] Register with GAMSTOP at www.gamstop.co.uk
- [ ] Install Gamban or BetBlocker on all your devices
- [ ] Move control of money to a trusted person
- [ ] Tell your bank you need gambling transactions blocked
- [ ] Call the National Gambling Helpline on 0808 8020 133
- [ ] Contact GamCare or Gordon Moody for ongoing support
- [ ] Speak to your GP about referral to NHS services