CHECKLIST

Your gambling debt action plan

- [ ] Register with GAMSTOP to close all licensed gambling accounts
- [ ] Ask your bank to block payments to gambling companies
- [ ] List every debt with amounts, interest rates and minimum payments
- [ ] Work out your income and essential spending to see what you can afford
- [ ] Contact lenders before you miss payments and ask about payment plans
- [ ] Separate your finances from joint accounts to protect family money
- [ ] Get free debt advice from StepChange, National Debtline or Citizens Advice
- [ ] Call the National Gambling Helpline on 0808 8020 133 if you need support
- [ ] Delete gambling apps and cancel stored payment details on old accounts