CHECKLIST

Supporting someone through gambling withdrawal: a family guide

- [ ] Learn what withdrawal looks like so you recognise it as a normal response, not a crisis
- [ ] Help structure their day with activities that do not involve money or gambling
- [ ] Listen without judgment when they talk about cravings or difficult feelings
- [ ] Set up GAMSTOP or blocking software to reduce access to gambling sites
- [ ] Maintain your own boundaries and seek support for yourself as well
- [ ] Have the National Gambling Helpline number to hand if crisis support is needed
- [ ] Encourage them to contact GamCare or Gordon Moody for professional support
- [ ] Remember that withdrawal is temporary and recovery is possible