CHECKLIST

Supporting Someone Stopping Gambling: A Family Checklist

- [ ] Ask what kind of support would help them most right now
- [ ] Help them register for GAMSTOP or install blocking software
- [ ] Write down the names and numbers of organisations they can contact
- [ ] Set up financial boundaries to protect household money
- [ ] Agree on one small routine you will do together regularly
- [ ] Stop lending money or covering their debts
- [ ] Listen when they need to talk without trying to solve everything
- [ ] Encourage them to access peer support or professional services
- [ ] Recognise withdrawal symptoms and respond with patience
- [ ] Make time to look after your own wellbeing