CHECKLIST

Signs of Problem Gambling: What to Watch For

- [ ] Notice increased secrecy around phones, laptops and personal finances
- [ ] Watch for mood swings, irritability and defensiveness when gambling is mentioned
- [ ] Track household bills and look for late payments or missed direct debits
- [ ] Check for unexplained borrowing, new credit agreements or high-interest loans
- [ ] Observe changes in social habits, work performance and time spent with family
- [ ] Document patterns you see in a private record for your own clarity
- [ ] Protect shared finances by separating accounts or setting withdrawal alerts
- [ ] Reach out to GamCare or another support service for advice on your situation