CHECKLIST

Steps for Families Affected by Gambling Addiction

- [ ] Separate your finances and open an account in your name only
- [ ] Set a clear boundary about what you will and will not do
- [ ] Talk to a helpline or support group for families
- [ ] Document financial transactions if you share accounts
- [ ] Choose a calm moment to speak to the person about what you have seen
- [ ] Protect children by keeping routines stable and seeking advice on what to tell them
- [ ] Encourage the person to contact GamCare or BeGambleAware
- [ ] Consider self-exclusion tools such as GAMSTOP if the person is willing