CHECKLIST

Recognising and responding to gambling harm in your household

- [ ] Write down specific incidents of financial or relationship harm you have noticed
- [ ] Open a bank account in your name only and redirect your income there
- [ ] Remove your name from joint credit agreements or freeze joint accounts
- [ ] Talk to someone outside the household about what is happening
- [ ] Decide one boundary you can keep and state it clearly
- [ ] Find out what support services exist for family members
- [ ] Keep routines stable for children and answer their questions honestly
- [ ] Contact the National Gambling Helpline for guidance on your next steps