CHECKLIST

Supporting Someone Using GAMSTOP

- [ ] Talk about GAMSTOP when the person is calm, not after a loss or argument.
- [ ] Offer to sit with them during registration if they want company.
- [ ] Encourage the longer exclusion period if they are unsure which to choose.
- [ ] Suggest blocking software and bank blocks to add extra layers of protection.
- [ ] Discuss what other support they might need, such as counselling or debt advice.
- [ ] Set boundaries about money and trust in your household.
- [ ] Plan for the end of the exclusion period and talk about re-registering if needed.
- [ ] Look after your own wellbeing and seek support for yourself if the situation is affecting you.