CHECKLIST

Getting Help for Problem Gambling: Your First Steps

- [ ] Call the National Gambling Helpline on 0808 8020 133 to speak to someone today
- [ ] Register with GamStop to block access to licensed gambling sites immediately
- [ ] Install blocking software on all household devices
- [ ] Book an initial counselling session through GamCare or your GP
- [ ] Join a peer support group online or in your area
- [ ] Access family support services if someone close to you gambles
- [ ] Set one clear boundary this week and tell someone you trust
- [ ] Write down triggers and moments when you feel most vulnerable