CHECKLIST

Finding a gambling support group: your first week

- [ ] Call the National Gambling Helpline and ask for peer groups near your postcode
- [ ] Write down meeting times and locations for at least two groups
- [ ] Search the BeGambleAware directory by your area
- [ ] Ask your GP receptionist for local gambling support referrals
- [ ] Check your council website under community support or mental health
- [ ] Choose one meeting to attend this week
- [ ] Put the meeting time in your calendar and plan your route
- [ ] Consider setting up GamStop or blocking software before you go