CHECKLIST

Protecting Your Job When Gambling Is Affecting Your Work

- [ ] Write down the last five times gambling interfered with work
- [ ] Block gambling sites on your work device
- [ ] Leave bank cards at home and take only cash for essentials
- [ ] Call the National Gambling Helpline during a break instead of placing a bet
- [ ] Review your employment contract to understand your rights and available support
- [ ] Set one small daily goal at work and complete it
- [ ] Register with GamStop to block access to licensed gambling sites