CHECKLIST

Checklist: recognising and responding to gambling problems

- [ ] Note the dates and details of behaviours that concern you
- [ ] Use specific examples and "I" statements rather than accusations
- [ ] Research GamCare and BeGambleAware together
- [ ] Protect joint accounts and agree on spending limits
- [ ] Encourage them to register with GamStop if they're ready
- [ ] Set boundaries around what you're willing to do
- [ ] Reach out to GamAnon or another support group for families
- [ ] Contact emergency services if they express thoughts of self-harm
- [ ] Look after your own wellbeing throughout the process