CHECKLIST

Recognising Gambling Relapse: A Checklist for Family Members

- [ ] Monitor for unexplained gaps in time or money
- [ ] Notice if protective measures like website blocking are quietly removed
- [ ] Watch for withdrawal from support groups or counselling sessions
- [ ] Pay attention to increased secrecy around devices and finances
- [ ] Name the changes you see without accusing
- [ ] Protect shared bank accounts and monitor your credit
- [ ] Reach out to a gambling support service for yourself
- [ ] Set clear boundaries about what you will and won't accept