CHECKLIST

Harm minimisation checklist: practical steps to reduce gambling damage

- [ ] Set a deposit limit you can afford to lose before starting any session
- [ ] Decide in advance that you will stop if you lose your budgeted amount
- [ ] Avoid gambling when drinking, working or caring for others
- [ ] Use time-outs to create breathing space when you feel your control slipping
- [ ] Track your spending and time honestly in a notebook or app
- [ ] Tell someone you trust about the limits you have set
- [ ] Contact GamCare or BeGambleAware if your strategies stop working