CHECKLIST

Starting your therapy journey: a practical checklist

- [ ] Call the National Gambling Helpline to talk through whether therapy suits your situation
- [ ] Contact GamCare to find a therapist or counsellor in your area
- [ ] Ask about NHS services first, as they are free, and explore charity services if cost is a barrier
- [ ] Be honest in your first session about what gambling does for you and what you want from therapy
- [ ] Ask your therapist to explain their approach and what you can expect in the weeks ahead
- [ ] Do the homework between sessions—that's where real change often happens
- [ ] Tell your therapist if something isn't working and ask about adjusting the approach