CHECKLIST

Accessing residential gambling treatment: your next steps

- [ ] Call GamCare on 0808 8020 133 to discuss whether residential treatment is right for you
- [ ] Ask your GP for a referral to Gordon Moody or a specialist gambling clinic
- [ ] Contact the National Gambling Helpline for guidance on the referral process
- [ ] Engage with outpatient support while you wait for a place
- [ ] Ask the centre about aftercare plans before you accept a residential place
- [ ] Prepare family or your employer for your absence if you're offered a place
- [ ] Set up follow-up support before you leave the programme