CHECKLIST

Rent arrears from gambling: your action checklist

- [ ] Contact your landlord or lender today to explain you are behind and need to discuss payment
- [ ] Register with GamStop at gamstop.co.uk
- [ ] Install Gamban or BetBlocker on every device you use
- [ ] List all your debts and contact StepChange or National Debtline for free advice
- [ ] Check whether you can apply for emergency help from your local council
- [ ] Call GamCare on 0808 8020 133 for free gambling support
- [ ] Attend any court hearing if your landlord starts possession proceedings