CHECKLIST

Crisis Safety Plan: Immediate Steps When Gambling Has Brought You to Breaking Point

- [ ] Call emergency services if you are in immediate danger of harming yourself
- [ ] Contact Samaritans, CALM or Shout for confidential emotional support right now
- [ ] Install Gamban or BetBlocker to block gambling sites on all your devices
- [ ] Tell one trusted person what is happening so you are not alone with it
- [ ] Hand your bank cards to someone you trust or ask your bank to freeze your accounts temporarily
- [ ] Register for GamStop to exclude yourself from all licensed gambling sites
- [ ] Call the National Gambling Helpline to access free counselling and support services
- [ ] Contact StepChange or Citizens Advice for confidential help with debt
- [ ] Remove gambling apps and unsubscribe from all gambling emails

- [ ] Get through the next hour by leaving the house, calling someone or focusing on an immediate task