CHECKLIST

Supporting a parent with a gambling problem: a quick checklist

- [ ] Write down specific examples before raising your concerns
- [ ] Choose a calm, private moment rather than mid-argument
- [ ] Speak from your own feelings rather than blame
- [ ] Set your financial and emotional boundaries in advance
- [ ] Avoid covering gambling debts directly
- [ ] Find one support service to contact for guidance
- [ ] Give conversations time to settle rather than forcing resolution
- [ ] Look after your own wellbeing alongside theirs