CHECKLIST

Emergency Steps After Gambling Money You Needed

- [ ] Stop gambling and close all apps and browser tabs
- [ ] Call the National Gambling Helpline for confidential advice
- [ ] Register with GamStop to block access to licensed sites
- [ ] Install Gamban or BetBlocker on all your devices
- [ ] Contact creditors or service providers about missed payments
- [ ] Ask a trusted person to oversee your accounts temporarily
- [ ] Cancel saved payment details on gambling sites