CHECKLIST

What to say when someone admits a gambling problem

- [ ] Thank them for trusting you with the information
- [ ] Reassure them you are not going anywhere
- [ ] Ask what they need right now rather than assuming
- [ ] Avoid questions about money or why they did not stop sooner
- [ ] Offer to look into support options together when they are ready
- [ ] Set boundaries around what you can offer without harming yourself
- [ ] Keep the conversation open for them to return to you later