CHECKLIST

First Steps When You Need Help for Gambling

- [ ] Call the National Gambling Helpline to speak to someone who understands what you are going through
- [ ] Register with GamStop to block yourself from all licensed gambling sites
- [ ] Install blocking software such as Gamban or BetBlocker on all your devices
- [ ] Delete every gambling app from your phone and unsubscribe from promotional emails
- [ ] Give someone you trust access to your bank account to monitor spending
- [ ] Write down the helpline number and keep it somewhere you will see it
- [ ] Tell one person you trust that you need help
- [ ] Visit BeGambleAware to complete a self-assessment and find local services