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CHECKLIST

Starting gambling counselling – your first steps

- [ ] Call the National Gambling Helpline on 0808 8020 133 or visit GamCare online to ask about counselling options.
- [ ] Write down the main problems your gambling is causing – money, relationships, studies – so you can explain it clearly in your first conversation.
- [ ] If you're a student, ask your university or college's support team what counselling they offer before approaching an external service.
- [ ] Choose a counselling type that appeals to you – or ask the service to explain what's available for your situation.
- [ ] Set up your first appointment and tell someone you trust that you're taking this step.
- [ ] Be ready to talk honestly about your gambling, your triggers and how it's affecting your life.
- [ ] Remember that counselling isn't quick – it usually takes weeks or months of sessions to build real change.