CHECKLIST

Rebuilding Financial Control After Gambling – Your Weekly Checklist

- [ ] Open a separate account or remove overdraft facilities from your current one
- [ ] List every fixed cost for the month and move that money somewhere you cannot touch
- [ ] Install blocking software on all your devices and enable your bank's gambling block
- [ ] Write down every purchase you make for seven days
- [ ] Contact creditors before you miss a payment if you owe money
- [ ] Ask your university about hardship funds or student support services
- [ ] Set up standing orders for rent and bills so they leave your account automatically