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CHECKLIST

Setting a deposit limit – 6 steps to start this week

- [ ] Log into your gambling account and go to Account Settings or Responsible Gambling tools
- [ ] Find the deposit limit or spending limit option
- [ ] Choose an amount you can afford to lose without affecting bills, rent or essential costs
- [ ] Select the time period it applies to: daily, weekly or monthly
- [ ] Confirm and save your limit
- [ ] Write down the amount you've set and store it somewhere safe
- [ ] Call the National Gambling Helpline on 0808 8020 133 if you need to talk to someone about what comes next