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CHECKLIST

Supporting a partner with gambling problems

- [ ] Have an honest conversation about what you have observed
- [ ] Encourage them to ring the National Gambling Helpline
- [ ] Separate joint finances or restrict access to shared accounts
- [ ] Go with them to counselling if they want your support
- [ ] Remove betting apps from shared devices
- [ ] Set clear boundaries about what you will and will not tolerate
- [ ] Seek support for yourself through a helpline or group
- [ ] Do not cover up for them or pay off gambling debts
- [ ] Reassess the relationship if they refuse to get help