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CHECKLIST

Talking to your university about gambling: a one-page checklist

- [ ] Write a short sentence to open the conversation before your appointment
- [ ] Decide whether to approach a tutor, wellbeing service or finance team first
- [ ] Ask directly what support is available rather than waiting to be offered it
- [ ] Request a follow-up appointment before leaving the room
- [ ] Ask what will and will not be shared with your tutors
- [ ] Note down the National Gambling Helpline number in advance
- [ ] Bring details of your loan or debts if money is part of the problem
- [ ] Consider contacting GamCare or BeGambleAware alongside your university