CHECKLIST

Preparing to tell your parents about gambling

- [ ] Write down the full picture of debts and consequences
- [ ] Decide what specific help is needed from family
- [ ] Choose a private setting with time to talk
- [ ] Practise the opening sentence out loud
- [ ] Contact GamCare or another support service beforehand if helpful
- [ ] Register with GamStop to block further access
- [ ] Agree on one or two immediate next steps after the talk