CHECKLIST

When to call a gambling helpline – and what to do first

- [ ] Notice if you're spending more than you planned or can't cut back
- [ ] Write down one thing you want to ask or talk through before you call
- [ ] Call the National Gambling Helpline on 0808 8020 133 or chat online at gamcare.org.uk
- [ ] Tell the advisor you can stay anonymous if that feels easier
- [ ] Ask about setting a deposit limit or time-out while you're on the call
- [ ] Write down any next steps the advisor suggests, and pin them somewhere you'll see them
- [ ] Tell someone you trust what you're doing – a friend, family member or university counsellor
- [ ] Remember you can call back whenever you need to talk