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CHECKLIST

Using BeGambleAware – a checklist for students and young adults

- [ ] Save the National Gambling Helpline number in your phone
- [ ] Visit the BeGambleAware website and explore the treatment finder
- [ ] Use the self-assessment tool if you're not sure how serious your situation is
- [ ] Call or chat whenever you need to – there is no limit on how often you can use the service
- [ ] Ask the adviser to explain which local services let you stay anonymous
- [ ] Tell one trusted person that you're looking into support
- [ ] Come back to the helpline after your first call if your situation changes