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CHECKLIST

Your GamCare access checklist

- [ ] Save the National Gambling Helpline number in your phone
- [ ] Register for NetLine if you are under twenty
- [ ] Self-refer for therapy using the online form
- [ ] Check upcoming support group times and register for one
- [ ] Write down what you want to say before your first call or chat
- [ ] Ask an adviser about other services if you need help with debts or housing
- [ ] Return to the helpline whenever you need to talk again