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CHECKLIST

Steps to Take When Gambling Feels Out of Control

- [ ] Tell one person you trust about what is happening
- [ ] Delete gambling apps and saved payment details from your phone
- [ ] Call the National Gambling Helpline for confidential support
- [ ] Hand your bank card to someone you trust temporarily
- [ ] Write down what you want to protect and keep it visible
- [ ] Set deposit limits on any accounts you have not closed
- [ ] Install blocking software on your devices