CHECKLIST

Making the call: what to do this week

- [ ] Write down what's been troubling you about gambling so your thoughts are clearer when you call
- [ ] Find a quiet time and place where you can talk openly
- [ ] Have pen and paper ready to note suggestions or resources the advisor mentions
- [ ] Call the National Gambling Helpline on 0808 8020 133 when you're ready
- [ ] If the first call felt difficult, remember you can call back and speak to a different advisor
- [ ] After the call, write down next steps or ask for resources to be sent to your email