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CHECKLIST

First steps when facing gambling debt

- [ ] Sign up for GamStop and install blocking software on all devices
- [ ] Write a complete list of everyone you owe money to
- [ ] Contact a free debt advice service and book a session
- [ ] Tell one person you trust what is happening
- [ ] Ask your bank to block gambling transactions on your cards
- [ ] Work out a realistic monthly repayment amount based on your income
- [ ] Delete gambling site emails and unsubscribe from promotions
- [ ] Save the National Gambling Helpline number in your phone