CHECKLIST

Student Loan Gambling Crisis: Your First Week Checklist

- [ ] Register with GamStop and install blocking software on all devices
- [ ] Write down exactly what money remains and what essential costs are still due
- [ ] Contact your university's hardship fund or student support team today
- [ ] Cancel or pause non-essential subscriptions and contracts to free up cash
- [ ] Call the National Gambling Helpline or use GamCare webchat for immediate support
- [ ] Tell one person you trust what's happened so you're not carrying this alone
- [ ] Check your eligibility for any grants or bursaries you've not yet claimed