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CHECKLIST

Helping a flatmate with a gambling problem: a checklist

- [ ] Write down the specific things you have observed before raising it
- [ ] Choose a calm, uninterrupted moment to check in
- [ ] Describe what you have noticed in your own words, without making a judgment
- [ ] Share one clear source of support, such as the GamCare helpline
- [ ] Give them time and check in again a week or so later
- [ ] Avoid lending money to cover costs that gambling has caused
- [ ] Remember that GamCare supports people worried about someone else, not only the person gambling
- [ ] Look after your own wellbeing too while supporting a flatmate through this