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CHECKLIST

After a gambling relapse: your next steps

- [ ] Remove access to cards and accounts you might use to gamble
- [ ] Tell someone you trust what happened
- [ ] Leave the environment where the relapse occurred
- [ ] Write down what triggered the relapse
- [ ] Make a specific plan for what you'll do next time you feel the same way
- [ ] Call the National Gambling Helpline or visit a support organisation
- [ ] Review whether your current protections are strong enough