SEEC
seec.org.uk

CHECKLIST

Taking action on gambling harm: this week

- [ ] Write down one thing about your gambling that worries you.
- [ ] Call the National Gambling Helpline on 0808 8020 133 or use online chat at gamcare.org.uk.
- [ ] Tell one person you trust what's been happening.
- [ ] Set a deposit limit or time-out on your gambling account today.
- [ ] Install free blocking software like BetBlocker on your device.
- [ ] Sign up to GamStop to block all licensed sites at once.
- [ ] Look up counselling services at your university or through your GP.
- [ ] Visit BeGambleAware.org to use their self-check tool and find local support.