IRIS
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CHECKLIST

First Steps to Asking for Help With Gambling

- [ ] Save the National Gambling Helpline number in your phone
- [ ] Call the helpline when you are alone and have time to talk
- [ ] Visit BeGambleAware and start a chat session if speaking feels too difficult
- [ ] Tell one person you trust that you are struggling
- [ ] Register with GamStop to block access to licensed gambling sites
- [ ] Write down what you want to say before making the call
- [ ] Look up local Gamblers Anonymous meetings online or by phone
- [ ] Request a counselling referral through GamCare or your GP