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CHECKLIST

Loneliness and gambling: a one-page plan for the week ahead

- [ ] Name the feeling before you open an app
- [ ] Ring one person you have been avoiding
- [ ] Put a repeating arrangement in the diary
- [ ] Tell someone one true thing about how you have been
- [ ] Set a deposit limit while the day is calm
- [ ] Move the phone out of reach for the evening
- [ ] Ask for help out loud rather than waiting
- [ ] Keep the helpline number where you can see it