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CHECKLIST

Spotting Early Signs of Gambling Problems: A Quick Check

- [ ] Write down how often you think about gambling when you're not playing
- [ ] Track every deposit or bet for one week without changing your behaviour
- [ ] Ask yourself if you've borrowed money or avoided checking your balance recently
- [ ] Set one spending or time limit and see if you can stick to it
- [ ] Talk to one person you trust about what you've noticed
- [ ] Contact GamCare if the pattern worries you, even if it doesn't feel like a crisis yet
- [ ] Register with GamStop if the urge to play feels hard to resist