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CHECKLIST

Recognising and responding to problem gambling in a friend

- [ ] Watch for repeated borrowing, cancelled plans and increased secrecy
- [ ] Look for dishonesty, defensiveness or vague explanations about time and money
- [ ] Choose a private moment to raise your concerns without an audience
- [ ] Name what you have noticed in specific, factual terms
- [ ] Ask an open question and listen without jumping in to fix the problem
- [ ] Suggest a next step only if they seem ready, and offer to research options together
- [ ] Point them toward helplines, counselling and self-exclusion tools
- [ ] Involve others close to them if the situation becomes severe or unsafe
- [ ] Remember that your role is to support, not to force treatment or solve everything at once