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CHECKLIST

Checklist for talking to someone about gambling

- [ ] Write down specific concerns you have noticed before starting the conversation
- [ ] State what you have observed and how it affects you using I-statements
- [ ] Ask open questions that invite the person to share how they are feeling
- [ ] Suggest specific support options such as helplines or blocking tools
- [ ] Respect their response and avoid making threats you cannot follow through on
- [ ] Follow up within a few days to keep the door open
- [ ] Set boundaries to protect your own wellbeing