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CHECKLIST

Recognising When Gambling Affects Your Mental Health

- [ ] Notice whether worry about money or gambling returns at odd moments throughout the day
- [ ] Track your mood alongside your gambling activity for several days
- [ ] Pay attention to sleep disruption and physical restlessness
- [ ] Identify other stressors that might be driving the urge to gamble
- [ ] Set up blocking software or self-exclusion to create a barrier
- [ ] Tell one trusted person what's been happening
- [ ] Ring the National Gambling Helpline if speaking to someone close feels impossible