IRIS
iris-initiative.org.uk

CHECKLIST

Understanding BeGambleAware: what to do this week

- [ ] Visit begambleaware.org and explore the main topic areas.
- [ ] Find a resource that matches your current concern and download it.
- [ ] Read it in a quiet moment when you can focus.
- [ ] Note any questions or feelings that come up.
- [ ] If you need to talk to someone, save the National Gambling Helpline number (0808 8020 133) in your phone.
- [ ] Share BeGambleAware with someone you trust, or with someone you're concerned about if the time feels right.
- [ ] Revisit the resources whenever you need them.