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CHECKLIST

Getting started with Gamblers Anonymous

- [ ] Find meeting times and locations on the Gamblers Anonymous website or by phone.
- [ ] Choose an in-person or online meeting that fits your schedule.
- [ ] Arrive early if you can and let someone know it is your first time.
- [ ] Listen to what others share without pressure to speak yourself.
- [ ] Note the meeting time and commit to attending regularly if it feels right.
- [ ] Combine meetings with other support – counselling, self-exclusion or helpline calls.
- [ ] Come back after a difficult week or if you have struggled with gambling again.
- [ ] Keep the National Gambling Helpline number somewhere you can reach it – 0808 8020 133.