IRIS
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CHECKLIST

Your first steps towards gambling counselling

- [ ] Contact GamCare or the National Gambling Helpline to discuss counselling options
- [ ] Ask your GP about local NHS services or charity referrals
- [ ] Write down the main ways gambling has affected your life before your first session
- [ ] Commit to attending sessions regularly
- [ ] Set one small goal to work on between the first and second session
- [ ] Consider blocking software or self-exclusion to support your counselling work
- [ ] Tell one trusted person you are seeking help