IRIS
iris-initiative.org.uk

CHECKLIST

Steps to access GamCare support

- [ ] Call the National Gambling Helpline or start a live chat on the GamCare website
- [ ] Describe what is happening in your own words
- [ ] Ask about counselling, groups or the online forum
- [ ] Choose a first step that feels manageable
- [ ] Book a counselling session or join a local group
- [ ] Return to the helpline any time if the first option does not suit
- [ ] Tell someone close what you are doing if it feels safe
- [ ] Consider blocking software to reduce access to gambling sites