IRIS
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CHECKLIST

Making the Most of the National Gambling Helpline

- [ ] Write down your main concerns before calling
- [ ] Choose a private moment when you will not be interrupted
- [ ] Keep pen and paper ready to note advice or contact details
- [ ] Call back as many times as you need
- [ ] Follow up on suggestions such as registering with GamStop
- [ ] Consider live chat if speaking on the phone feels too difficult
- [ ] Ask about support for family members if others are affected
- [ ] Request a referral to counselling if you need longer-term help