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CHECKLIST

What to do after a big gambling loss

- [ ] Close the gambling account or log out
- [ ] Move remaining money to an account you do not gamble from
- [ ] Tell one trusted person what happened
- [ ] Write down what happened and how you feel
- [ ] Cancel standing orders or direct debits linked to gambling sites
- [ ] Choose one thing to do instead of gambling tonight
- [ ] Call the National Gambling Helpline if the urge to chase the loss feels strong