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CHECKLIST

Dealing with Gambling Debt: First Steps

- [ ] Register with GamStop to block access to licensed gambling sites
- [ ] Contact a free debt advice service such as StepChange or National Debtline
- [ ] List all debts and all income to give advisers the full picture
- [ ] Prioritise rent, council tax and utilities over gambling debts
- [ ] Ask your adviser to contact creditors on your behalf if you cannot face it
- [ ] Install blocking software such as Gamban or BetBlocker to cover unlicensed sites
- [ ] Speak to someone close about the debt, or call the National Gambling Helpline
- [ ] Do not borrow more or gamble more to cover existing debts