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CHECKLIST

Before You Call a Gambling Helpline

- [ ] Choose a time when you have privacy and will not be interrupted
- [ ] Write down one or two things you want to say if it helps you feel more prepared
- [ ] Have the National Gambling Helpline number saved: zero eight zero eight eight zero two zero one three three
- [ ] Remind yourself the call is confidential and you do not need to give your full name
- [ ] Know that you can end the call at any point if it becomes too much
- [ ] Save the number of another support line in case the first is busy
- [ ] Give yourself time after the call to sit with what was said before making decisions