CHECKLIST

Finding the right online support space

- [ ] Search for forums run by GamCare or Gamblers Anonymous
- [ ] Read the group rules and privacy policy before joining
- [ ] Create an account with a pseudonym and separate email
- [ ] Spend several days reading posts before you share your story
- [ ] Test the culture with a small question before posting anything deeply personal
- [ ] Set a daily time limit for reading and posting in support spaces
- [ ] Report any private messages that feel intrusive or offer financial help
- [ ] Check back regularly but do not let the forum replace real-world action