CHECKLIST

Your first call to a gambling helpline

- [ ] Save the National Gambling Helpline number in your phone
- [ ] Write down two or three things you want to say before you dial
- [ ] Pick a time when you can speak privately without interruption
- [ ] Remember the call is confidential and nothing you say is shared
- [ ] If phone calls feel too difficult, try online chat or email instead
- [ ] Know that early calls often prevent worse harm later
- [ ] Ask about local support groups if you prefer face-to-face meetings
- [ ] Call back as many times as you need