CHECKLIST

After a gambling relapse: your immediate action checklist

- [ ] End the gambling session and remove yourself from access to it
- [ ] Check your bank and credit accounts so you know the full picture
- [ ] Transfer available funds to an account that is harder to reach quickly
- [ ] Re-register with GamStop and reinstall blocking software on every device
- [ ] Write down the trigger that preceded the relapse
- [ ] Call the National Gambling Helpline on 0808 8020 133 or contact GamCare online
- [ ] Tell one trusted person what happened and what you are doing about it
- [ ] Rest before making any large financial or relationship decisions
- [ ] Review your recovery plan and identify what it needs to handle the trigger that caused the slip
- [ ] Consider whether peer support or a relapse prevention plan would strengthen your next phase of recovery