CHECKLIST

First-week action list when you have no money after gambling

- [ ] Register with GamStop and install Gamban or BetBlocker on all devices
- [ ] List every debt and bill due in the next month
- [ ] Separate priority debts from non-priority debts
- [ ] Call the National Gambling Helpline for immediate support
- [ ] Contact every priority creditor and ask for a payment holiday or reduced instalment
- [ ] Apply for crisis support from your local council through Citizens Advice
- [ ] Tell one trusted person what has happened
- [ ] Ask your bank to block gambling transactions at source