CHECKLIST

Talking to a friend about gambling: your conversation checklist

- [ ] Choose a private moment when neither of you is rushed or distracted
- [ ] Ask one open question and listen to the full answer
- [ ] Mention that free confidential help exists, naming GamCare or BeGambleAware
- [ ] Avoid comparisons, ultimatums and phrases that begin with "why don't you just"
- [ ] Offer practical support your friend has asked for
- [ ] Respect their answer if they say they're not ready yet
- [ ] Let them know the offer stands if they change their mind