CHECKLIST

When to Call the National Gambling Helpline

- [ ] Write down the number now and save it in your phone.
- [ ] Call if you notice a young person spending more time on gambling or gaming sites.
- [ ] Ring the helpline before starting a difficult conversation at home to get advice on how to approach it.
- [ ] Use the service to find out about blocking tools and how to set them up on devices.
- [ ] Contact the helpline if a young person has borrowed money or become secretive about phone use.
- [ ] Call as many times as you need throughout the process of supporting someone with gambling harm.
- [ ] Reach out early rather than waiting for a problem to become severe.