TRANSFORMATION TRUST
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CHECKLIST

First Steps When a Young Person Needs Gambling Support

- [ ] Save the National Gambling Helpline number in your phone: 0808 8020 133
- [ ] Talk to one other trusted adult about what you have observed
- [ ] Install blocking software on shared devices to prevent access to unlicensed sites
- [ ] Ask the young person which form of support they would find least intimidating
- [ ] Contact the school's safeguarding lead if gambling is affecting attendance or behaviour
- [ ] Keep a note of dates and observations in case a referral needs evidence later
- [ ] Let the young person know where help is available even if they are not ready to use it yet