CHECKLIST

Supporting Someone Through Gambling Recovery

- [ ] Separate finances and remove joint access to savings
- [ ] Research treatment options together and let them choose
- [ ] Offer to accompany them to appointments if wanted
- [ ] Help them register for exclusion tools like GamStop
- [ ] Acknowledge small progress and sustained changes
- [ ] Respond calmly to setbacks and ask what triggered them
- [ ] Maintain your own routines and time away from the problem
- [ ] Access support for yourself through helplines or forums
- [ ] Know when professional intervention is necessary