CHECKLIST

Finding and using a gambling harm clinic

- [ ] Search for NHS gambling clinics in your region or contact your GP for a referral
- [ ] Call GamCare or Gordon Moody if NHS waiting times are long
- [ ] Attend the initial assessment and answer questions honestly about your gambling
- [ ] Commit to regular sessions even when progress feels slow
- [ ] Use self-exclusion tools such as Gamstop alongside clinic treatment
- [ ] Ask about family support sessions if gambling has affected your partner or children
- [ ] Contact the National Gambling Helpline on the day you need advice between sessions
- [ ] Treat setbacks as part of recovery and discuss them openly with your therapist