



CHECKLIST

Before you talk to someone about their gambling

- ☐ Write down specific examples of what you've noticed

- ☐ Choose a calm, private setting when you both have time

- ☐ Prepare to listen without interrupting or offering solutions immediately

- ☐ Decide in advance what boundaries you need to keep

- ☐ Research help options so you can offer them when the time is right

- ☐ Accept that they might not be ready, and that's not your failure

- ☐ Plan how you'll look after yourself through this
