Gambling Recovery & Harm-Reduction Plan

1. What is happening for me?

Notice patterns without labelling yourself. You can start with one protective step.

Name / initials (optional): _____ Date: _____

Patterns I notice: spending, chasing losses, secrecy, borrowing or missed essentials

What concerns me most right now

What could become possible if gambling had less control

Gambling support: gamblinghelponline.org.au. Immediate danger: 000.

Gambling Helpline: 1800 858 858 (24/7) | gamblinghelponline.org.au
Free financial counselling: National Debt Helpline 1800 007 007

Gambling Recovery & Harm-Reduction Plan

2. My triggers and warning signs

Consider payday, stress, loneliness, alcohol, ads, venues or trying to win back losses.

Name / initials (optional): _____ Date: _____

Situations, feelings, people or places that trigger an urge

My earliest warning signs - thoughts, feelings, body signals or behaviour

A recent pattern: trigger, feeling, usual action and a safer response

Gambling Helpline: 1800 858 858 (24/7) | gamblinghelponline.org.au

Free financial counselling: National Debt Helpline 1800 007 007

Built by Mandy | Redlands & SMBI | General peer-support resource.

Not medical, psychological, legal or financial advice, treatment or emergency care.

Gambling Recovery & Harm-Reduction Plan

3. Put space between me and gambling

Consider self-exclusion, app removal, blocking tools, bank controls and a different payday routine.

Name / initials (optional): _____ Date: _____

Three barriers I will put in place first

Who can help me set these up - and when I will contact them

How I will protect housing, food, bills, transport and health costs

Gambling support: gamblinghelponline.org.au. Immediate danger: 000.

Gambling Helpline: 1800 858 858 (24/7) | gamblinghelponline.org.au
Free financial counselling: National Debt Helpline 1800 007 007

Not medical, psychological, legal or financial advice, treatment or emergency care.

Gambling Recovery & Harm-Reduction Plan

4. My urge plan

Delay a decision, create distance, contact someone and try one safe activity.

Name / initials (optional): _____ Date: _____

DELAY - how long I will pause; DISTANCE - where I will go

CONTACT - who I will call or message and their number

RESET - a safe activity; what I need to remember about chasing losses

My backup support if my first person is unavailable

Gambling Helpline: 1800 858 858 (24/7) | gamblinghelponline.org.au

Free financial counselling: National Debt Helpline 1800 007 007

Built by Mandy | Redlands & SMBI | General peer-support resource.

Not medical, psychological, legal or financial advice, treatment or emergency care.

Gambling Recovery & Harm-Reduction Plan

5. My next 7 days

If gambling happens, pause, protect essentials, reach out and return to your plan.

Name / initials (optional): _____ Date: _____

Day	Urge 0-10	What triggered me?	What helped?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

One thing I am proud of this week

One change I will make for next week

Gambling support: gamblinghelponline.org.au. Immediate danger: 000.

Gambling Helpline: 1800 858 858 (24/7) | gamblinghelponline.org.au
Free financial counselling: National Debt Helpline 1800 007 007

Not medical, psychological, legal or financial advice, treatment or emergency care.