

HOW TO

Check in and start a conversation

Starting a conversation about someone's gambling doesn't have to be hard. Just follow the 7 golden #CheckIn rules.

- 1 Plan ahead**
Having a game plan is a game changer.
- 2 Be patient**
Be in it for the long haul. Starting a conversation is just the beginning.
- 3 Ask open questions**
Give them space to let it all out.
- 4 Listen carefully**
Show support by lending your ears (not giving your advice).
- 5 Don't be judgmental**
They might already feel guilt or shame, why make things worse?
- 6 Stay calm**
Be mindful of the emotions you bring to the table.
- 7 Give encouragement**
After all, what are friends and family for?



Don't wait till they're broke to fix it. Check in at responsiblegambling.nsw.gov.au