



Shame grows in silence. One honest message can interrupt the moment.

You do not have to explain everything perfectly. The aim is to stop being alone with the urge, the loss or the shame.

WHEN THE URGE IS LOUD

"I am struggling with an urge to gamble right now. Can you stay in touch with me for the next 20 minutes?"

AFTER A LOSS

"I have gambled and I feel scared I might chase. Can you stay with me while I protect what is left?"

BEFORE PAYDAY

"Payday is a risk moment for me. Can you check in with me and help me keep money protected?"

WHEN SHAME IS LOUD

"I am finding it hard to be honest because I feel ashamed, but I do not want to hide this anymore."

WHEN YOU NEED PRACTICAL HELP

"I do not need you to fix everything. I need help getting through this moment safely and making gambling harder to access."

MAKE YOUR OWN MESSAGE

My short message: _____ Who I will send it to:
