CHECKLIST

Home trigger exit plan

- [ ] Name the trigger and your location out loud
- [ ] Step outside your front door and pause
- [ ] Walk to a landmark you can see from where you stand
- [ ] Note one room or seat where urges strike most and move furniture there
- [ ] Store devices in a different room during high-risk hours
- [ ] Set up a corner near the door with coat and outdoor kit
- [ ] Keep the National Gambling Helpline number saved