



# My Gambling Prevention and Recovery Plan

## 1) My reasons to stop gambling

## 2) My top triggers

- Places:
- Times of day:
- Emotions:
- People or situations:
- Access points on my phone:

## 3) My warning signs

## 4) What I will do instead of gambling

- Text or call:
- Listen to this song:
- Open this app:
- Attend this meeting:
- Work on this art project:

## 5) My financial safety steps

- Remove saved cards from gambling-related sites.
- Turn on transaction alerts.
- Ask a trusted person to help review spending.
- Limit access to large amounts of cash.
- Create a 24-hour pause rule before any risky financial decision.

## 6) My support team

Person or service	How to contact them	When I will reach out

## **7) If I relapse or feel close to relapse**

- I will pause and tell one safe person within 24 hours.
- I will contact a helpline or support meeting instead of hiding it.[page:1][web:11]
- I will review what triggered the urge without shaming myself.
- I will restart my plan the same day.

### **Emergency note**

If gambling urges feel unmanageable, or if gambling is linked with thoughts of self-harm, reach out immediately to 1-800-MY-RESET, 1-800-GAMBLER, 988, or local emergency services.

[www.HealthyMindsPhilly.org](http://www.HealthyMindsPhilly.org)