C&S

CALM & STEADY

CALM & STEADY TOOLKIT

Pause. Protect. Reach out. Reset.

A practical free toolkit for high-risk gambling harm moments.

This toolkit is built around one idea: slow the mind before the next harmful gambling decision. Use one sheet at a time. Start with the moment you are in.

WHAT'S INCLUDED

- 01 Calm Moment Card - for the moment an urge hits.
- 02 Urge Delay Plan - to create a 20-minute gap.
- 03 Payday Protection Plan - to protect money before and on payday.
- 04 After a Loss Reset Sheet - to stop chasing and protect what is left.
- 05 One Honest Message Templates - to reach out before hiding.
- 06 Support Contact Plan - to decide who to contact before crisis.

HOW TO USE IT

- Do not try to complete everything at once.
- Pick the tool that matches the current risk moment.
- Print the sheets or save them somewhere easy to reach.
- Share the message templates with one trusted person.
- Use specialist gambling, debt, mental health or crisis support where needed.

THE CALM & STEADY METHOD

Pause. Protect. Reach out. Reset. You do not have to fix everything today. You only need one safer next step.

Calm & Steady is self-guided educational support. It is not therapy, clinical treatment, crisis support, financial advice or debt advice. If you feel unsafe or at immediate risk, contact emergency or crisis support in your area.