C&S

CALM & STEADY

CALM MOMENT CARD

Pause. Protect. Reach out. Reset.

When the urge hits, make the next 20 minutes safer.

A one-page tool for the moment your mind starts racing, shame kicks in, or gambling harm feels close to escalating.

SLOW THE NEXT DECISION DOWN

1. Stop for 20 minutes

Do not deposit. Do not chase. Do not act while the urge is loud.

2. Move away from access

Close the app or site. Step away from cards, cash or account access.

3. Protect money first

Move money out of reach. Remove saved cards. Turn on blocks.

4. Send one honest message

Do not stay hidden. Tell one trusted person what is happening.

5. Do not chase what has gone

Losses, slips and shame get worse when you try to win it back fast.

ONE HONEST MESSAGE

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

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.

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PROTECT MONEY NOW

- Move bill money away
- Remove saved cards
- Turn on gambling blocks
- Do not borrow
- Do not deposit
- Do not chase losses

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