C&S

CALM & STEADY

THE CALM MOMENT CARD

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?"

PROTECT MONEY NOW

- ☐ Move bill money away
- ☐ Remove saved cards
- ☐ Turn on gambling blocks
- ☐ Log out of gambling accounts
- ☐ Hand over access if needed
- ☐ Do not borrow
- ☐ Do not deposit
- ☐ Do not chase losses

You do not have to fix everything today.

Pause. Protect. Reach out. Reset.

Important: 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.