CHECKLIST

Your GAMSTOP registration checklist

- [ ] Have your name, date of birth, address, postcode and email ready.
- [ ] Register free at gamstop.co.uk and choose 6 months, 1 year or 5 years.
- [ ] Open the email from GAMSTOP and follow any steps in it.
- [ ] Add your other emails, phone numbers and old addresses to your GAMSTOP account.
- [ ] Call Gamstop Betting Shops on 0800 294 2060 to block high street bookmakers.
- [ ] Install BetBlocker (free) or Gamban on every phone, tablet and computer.
- [ ] Switch on the gambling block in your banking app.
- [ ] Ask each gambling company to return any money left in your accounts.