CHECKLIST

Setting up a gambling block: your one-page checklist

- [ ] Open your bank app and find the card controls or settings menu
- [ ] Look for the gambling block or merchant restriction option
- [ ] Turn the block on and confirm when prompted
- [ ] Check all cards on your account, including credit cards, are covered
- [ ] Remove any saved cards from digital wallets so the block applies there too
- [ ] Register with GamStop to block access to licensed gambling sites
- [ ] Install blocking software on your phone, tablet and computer
- [ ] Tell someone you trust that you have set the block up
- [ ] Save the National Gambling Helpline number in your phone
- [ ] Write down why you set the block and read it if you feel tempted to remove it