CHECKLIST

Self-exclusion checklist: steps to take today

- [ ] Register with Gamstop Online to block every online gambling company licensed in Great Britain
- [ ] Call Gamstop Betting Shops on 0800 294 2060 to exclude yourself from bookmakers near you
- [ ] Self-exclude from casinos through SENSE and from bingo halls through the Bingo Association
- [ ] Self-exclude in your National Lottery account if you play draw games
- [ ] Ask every gambling company to return the money left in your accounts
- [ ] Switch on the gambling block in your banking app
- [ ] Install BetBlocker or Gamban on every device you use
- [ ] Call the National Gambling Helpline on 0808 8020 133, or 0808 2819 265 in Wales