IRIS
iris-initiative.org.uk

CHECKLIST

GAMSTOP registration checklist

- [ ] Visit the GAMSTOP website and select your exclusion period
- [ ] Fill in your name, date of birth, all recent addresses and email
- [ ] Check your inbox and click the confirmation link
- [ ] Test the block by trying to log into a licensed site
- [ ] Add blocking software if you need protection beyond licensed sites
- [ ] Contact a helpline or counselling service to address the reasons you gambled
- [ ] Note any triggers or patterns that bring the urge back
- [ ] Mark the end date of your exclusion so you can plan ahead