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CHECKLIST

Self-Exclusion Checklist: Steps to Protect Yourself

- [ ] Choose your exclusion length: six months, one year or five years
- [ ] Register with GamStop to block all licensed sites at once
- [ ] Install blocking software on your phone and computer
- [ ] Contact GamCare or the National Gambling Helpline for support
- [ ] Set deposit limits on any accounts not covered by exclusion
- [ ] Tell someone you trust about your decision
- [ ] Plan how you will spend the time you used to gamble
- [ ] Join a peer-support group such as Gamblers Anonymous