CHECKLIST

Financial protection checklist for gambling harm

- [ ] Activate the gambling block on your bank account and debit card
- [ ] Register with GAMSTOP for a minimum exclusion period
- [ ] Install blocking software on every device you use online
- [ ] Open a protected account with no card access for essential bills
- [ ] Set up an automated transfer to move money on payday
- [ ] Share the barriers you have set with one trusted person
- [ ] Save the National Gambling Helpline number in your phone
- [ ] Check that parental controls are active on shared devices