CHECKLIST

GAMSTOP Registration Checklist

- [ ] Decide on the exclusion length: six months, one year or five years
- [ ] Gather your full name, date of birth, address and email address
- [ ] Visit gamstop.co.uk and complete the registration form
- [ ] Check your email and click the confirmation link to finalise
- [ ] Delete saved passwords and gambling apps from your devices
- [ ] Install blocking software such as Gamban or BetBlocker for unlicensed sites
- [ ] Reach out to GamCare or BeGambleAware for ongoing support
- [ ] Tell someone you trust about your decision to strengthen your commitment