



CHECKLIST

Steps to block gambling payments through your bank

- ☐ Open your banking app or log in online

- ☐ Find the card controls or spending settings menu

- ☐ Locate the gambling block or merchant control section

- ☐ Switch the block on and confirm the choice

- ☐ Check when the block takes effect and how long any cooling-off lasts

- ☐ If you cannot find it, call your bank and ask them to apply it

- ☐ Consider setting the same block on any other cards you hold

- ☐ Combine the block with GamStop or blocking software for wider coverage
