CHECKLIST

Gamstop registration checklist

- [ ] Gather full name, date of birth, address, email and phone number before starting
- [ ] Choose the exclusion period carefully as it cannot be reversed early
- [ ] Check email for the confirmation link and click it to activate the exclusion
- [ ] Delete gambling apps and unsubscribe from marketing messages
- [ ] Install blocking software on devices to cover unlicensed sites
- [ ] Tell someone close that the exclusion is in place for accountability
- [ ] Withdraw any remaining balances from gambling accounts
- [ ] Keep a written note of why the decision was made for difficult moments
- [ ] Contact support services if urges persist after registering