



CHECKLIST

Your GamStop registration checklist

- ☐ Decide whether you need six months, one year or five years away from gambling
- ☐ Gather your legal name, date of birth, current and previous postcodes
- ☐ List all email addresses and phone numbers you use for gambling accounts
- ☐ Visit gamstop.co.uk/register and complete the form with accurate details
- ☐ Save your confirmation email with your reference number
- ☐ Install blocking software on all your devices for a second layer of protection
- ☐ Tell one trusted person that you have registered so they can support you
- ☐ Contact GamCare or BeGambleAware if you need someone to talk to during your exclusion