CHECKLIST

Your self-exclusion checklist

- [ ] Delete gambling apps from every device
- [ ] Tell one trusted person about the exclusion
- [ ] Write down three actions for when the urge appears
- [ ] Save the National Gambling Helpline number
- [ ] Remove saved payment details from old accounts
- [ ] Unsubscribe from marketing before the exclusion if possible
- [ ] Plan how to use the time gambling used to fill