CHECKLIST

Blocking gambling payments: your action checklist

- [ ] Open your banking app or call your bank and request a gambling block on your cards
- [ ] Ask whether the block applies to all your cards or needs setting individually
- [ ] Find out whether lifting the block is instant or delayed and write the answer down
- [ ] Test the block by attempting a small transaction to confirm it works
- [ ] Withdraw any balance from e-wallets and payment apps used for gambling, then close the accounts
- [ ] Register with GAMSTOP to block access to all licensed gambling sites in Great Britain
- [ ] Install blocking software like Gamban or BetBlocker to prevent browsers from reaching gambling domains
- [ ] Set up parental controls if the device is shared with someone under eighteen