CHECKLIST

Steps to stop money leaving for gambling

- [ ] Contact your bank and block gambling transactions on every card and account
- [ ] Remove your overdraft or reduce it to zero
- [ ] Install blocking software on every device you use online
- [ ] Move money into a savings account without a card attached
- [ ] Set deposit limits to the lowest amount allowed on any gambling accounts
- [ ] Hand your card to a partner or family member you trust
- [ ] Write down the limits you set and check back after a week