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CHECKLIST

GAMSTOP Registration Checklist

- [ ] Gather your personal details: full name, date of birth, address, email
- [ ] List any usernames or email addresses you have used on gambling sites
- [ ] Decide which exclusion period suits you: six months, one year, or five years
- [ ] Complete the registration form on the GAMSTOP website
- [ ] Confirm your registration and watch for the confirmation email
- [ ] Test the block by trying to log into a licensed site
- [ ] Install blocking software such as Gamban or BetBlocker for added protection
- [ ] Remove saved payment details from any devices you use
- [ ] Contact GamCare or BeGambleAware for ongoing support
- [ ] Write down the date your exclusion ends so you can decide what to do next