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CHECKLIST

Cutting gambling advertising: a quick checklist

- [ ] Turn off ad personalisation on every social media account you use
- [ ] Remove gambling categories from your search engine's ad settings
- [ ] Install a blocking tool on your browser or device
- [ ] Unsubscribe from gambling marketing emails and texts
- [ ] Write to any gambling company still sending you post
- [ ] Register with GamStop if you want marketing stopped alongside site access
- [ ] Note the moments a gambling advert actually gets under your skin
- [ ] Reach out to GamCare or the National Gambling Helpline if an advert sets off an urge