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CHECKLIST

Website blocking checklist

- [ ] Add gambling site addresses to your browser's restricted list
- [ ] Set Screen Time or Digital Wellbeing restrictions on your phone with a passcode
- [ ] Block gambling sites through your home router's admin panel
- [ ] Register with GamStop for licensed sites in Great Britain
- [ ] Install Gamban or BetBlocker on devices you use most
- [ ] Tell people you live with about the block to avoid confusion
- [ ] Save the National Gambling Helpline number in your phone