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CHECKLIST

Your phone gambling action checklist

- [ ] Install Gamban or BetBlocker on your phone today
- [ ] Register with GamStop for six months or longer
- [ ] Delete all gambling apps from your device
- [ ] Clear your browser history and saved passwords
- [ ] Set up screen-time limits or parental controls with a passcode someone else holds
- [ ] Plan a different activity for the times you used to gamble
- [ ] Save the National Gambling Helpline number in your contacts