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CHECKLIST

Your plan to stop gambling online

- [ ] Install blocking software on your phone, laptop and tablet
- [ ] Register with GamStop for the longest period you can commit to
- [ ] Delete every gambling app from your devices
- [ ] Close all your gambling accounts through each site's support contact
- [ ] Remove stored payment card details from your browser
- [ ] Tell one person you trust that you are stopping
- [ ] Write down the feeling that comes before you gamble and plan a different response
- [ ] Save the National Gambling Helpline number in your phone