

QUIT-GAMBLING CHECKLIST

Close the easy routes.

Make gambling harder to reach and support easier to use. Check what is in place, then choose one next step.

01 AccountsAccount / remaining task
_____☐ Close accounts; keep confirmation.☐ Turn off gambling marketing.**02 Self-exclusion**Program / coverage to check
_____☐ Check state exclusion options.☐ Record term and operator coverage.**03 Blockers**Device / gap to address
_____☐ Block gambling on each device.☐ Check app and website coverage.**04 Money**Money safeguard to set up
_____☐ Remove saved gambling cards.☐ Ask bank about controls and limits.**05 Access**Safeguard / who can help
_____☐ Delete gambling apps and bookmarks.☐ Agree safeguards with a trusted person.**06 Support**Person / appointment
_____☐ Save a trusted contact and helpline.☐ Plan a check-in or appointment.My next step
_____Review date
_____**Put your next step into practice with QuitBet.**

Build your daily recovery routine. Free to start.

quitbet.co/go/checklist

US support: 1-800-MY-RESET (1-800-697-3738). Call or text, free, 24/7.

QuitBet Addiction Research Team

quitbet.co/free-resources