

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 Accounts

Account / 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