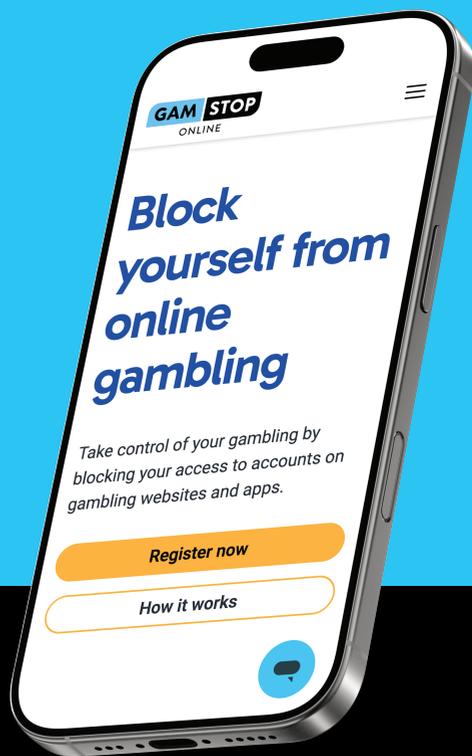


# Free online self-exclusion.

“I signed up to Gamstop in August 2019 and it was the best thing I’ve ever done.”



Help control your online gambling.



[gamstop.co.uk](https://gamstop.co.uk)

**“I signed up to Gamstop and it absolutely changed my life.”**

**Register with Gamstop and you will be prevented from accessing gambling websites and apps run by companies licensed in Great Britain.**

### **How it works**

1. Visit [www.gamstop.co.uk](http://www.gamstop.co.uk)
2. Register with **Gamstop**
3. Choose exclusion period - **6 months, 1 year, 5 years, or 5 years with auto-renewal**
4. Verify your identity
5. Complete registration and start your self exclusion

**For more information, visit our site:**



**gamstop.co.uk**

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