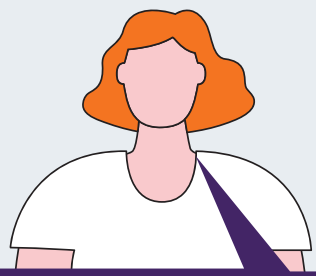


GAMSTOP: IMPACT AND EXPERIENCE

GAMSTOP provides a single free portal that allows people to self-exclude from online gambling for a specified period (either six-months, one year or five years). The scheme has full coverage of all licenced online gambling operators in the UK.

GAMSTOP'S IMPACT



I think GAMSTOP is brilliant, and I think it probably saved my life

Service users experienced a significant **reduction in the gambling-related harm** experienced since registering with GAMSTOP. The majority currently **experience no or minimal impact**.

Since registering with GAMSTOP ...

75%



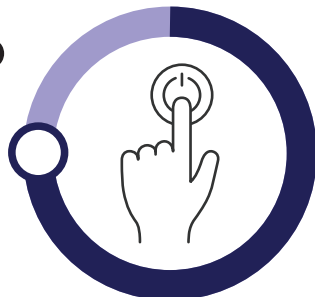
... of service users no longer gamble online

Almost half



... of service users no longer gamble at all

75%



... feel more in control of their gambling choices

Negative impact of gambling

Relationships with friends and family	60%
Financial situation	85%
Physical health	58%
Mental health	80%

Legend:
■ Negative impact pre-GAMSTOP
■ Negative impact currently

I'm much happier, much more content with life, feel much more at peace, feel much more able to spend money.

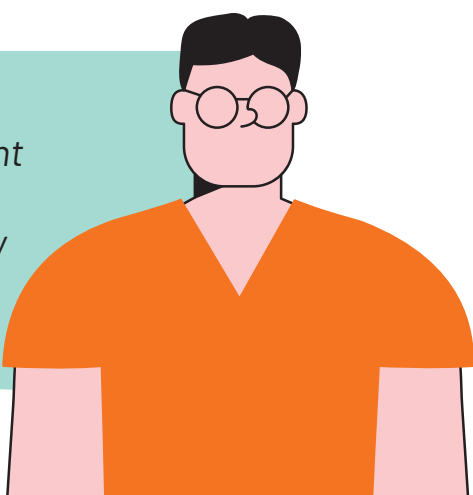
78%

believed GAMSTOP delivered the results they were hoping for.

74%

were satisfied with GAMSTOP's service.

Putting GAMSTOP on has changed my viewpoint completely, you know. I hardly look at horseracing. I don't feel the urge to gamble any more ... I don't feel the need to.





Over 1 in 4 still experiencing a very negative impact on their financial situation and/or mental health.

This was more likely to be reported by those still gambling online than those who no longer gamble at all.

WHY PEOPLE REGISTERED WITH GAMSTOP



91%

... signed up to GAMSTOP to exclude themselves from online gambling.

3%

... registered with GAMSTOP to exclude a friend, family member or someone they know from online gambling using their personal details.

The main motivations to self-exclude with GAMSTOP were to:

1

Stop online gambling altogether

2

Regain control over their life

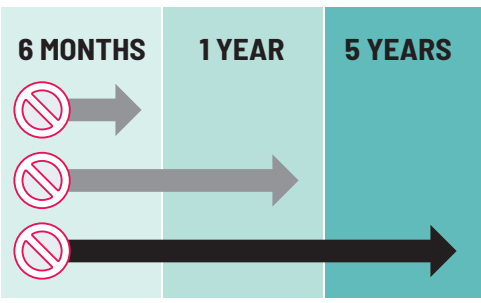
3

Spend less money on gambling

6 MONTHS

1 YEAR

5 YEARS



Most users select the **five-year** exclusion period.

ILLEGAL GAMBLING



8%

... of all respondents in the survey indicated that they had used unlicensed or illegal gambling operators

Users aged 25-34 were most likely to be accessing these sites.

25 to 34

Those that use unlicensed gambling were more likely to be currently experiencing gambling-related harm.

OTHER GAMBLING SUPPORT



60%

... of GAMSTOP users currently use GAMSTOP as their only gambling support.

Informal forms of gambling support people use in conjunction with GAMSTOP include replacing gambling activity with healthier behaviours, seeing friends/family, self-care, volunteering, reading, gardening, creative activities and educational classes.

