CHECKLIST

Understanding Self-Exclusion: What Families Need to Know

- [ ] Understand that self-exclusion blocks access to one site only and requires separate requests at each site you use
- [ ] Know that self-exclusion has an end date and the account reactivates automatically unless renewed
- [ ] Recognise that self-exclusion does not close the account or return unspent balances automatically
- [ ] Remember that self-exclusion shows recognition of a problem but is not a complete solution on its own
- [ ] Consider using GAMSTOP for broader protection across all licensed gambling sites at once
- [ ] Support someone who has self-excluded by acknowledging their step and helping them stay focused on why they chose it
- [ ] Reach out to a helpline or support organisation if self-exclusion does not feel like enough