



# How to block gambling apps, websites and purchases

If you're looking to curb your gambling urges or set goals to reduce your gambling, there are many apps, websites and services that allow you to block gambling websites or apps.

## Apps

- BetStop - the National Self-Exclusion Register™ is a safe and free Australian Government initiative to block yourself from all licensed Australian online and phone gambling providers.

You can register at any time.

Once you register, online and phone gambling providers will not be able to:

- let you place a bet
- let you open new betting accounts
- send you marketing messages.

You can nominate someone you know to support you while you are self-excluded.

- Reset App for iOS and Android – The Victorian Responsible Gambling Foundation (free download)
- Gamban for Android, Windows, iOS and macOS (7 days free, then monthly subscription fee of \$4.50 - \$5.50)
- BetBlocker for Android, Windows, Linux, Fire OS, iOS and Mac (free download)

## NSW Government Apps

- Gambling less – In the Moment app
- Gambling Habit Tracker app

## Financial institutions with optional blocking tools

Some Australian banks are now allowing customers to block gambling transactions on their credit or debit cards.

This is a great option to support your willpower if you're working to change your gambling habits – especially right now, when many Australians are spending a lot of time at a loose end at home.

- ANZ Bank – [anz.com.au](http://anz.com.au)
- Bank of Melbourne – [bankofmelbourne.com.au](http://bankofmelbourne.com.au)
- Commonwealth Bank – [commbank.com.au](http://commbank.com.au)
- National Australia Bank (NAB) – [nab.com.au](http://nab.com.au)
- St George Bank – [stgeorge.com.au](http://stgeorge.com.au)
- Westpac – [westpac.com.au](http://westpac.com.au)

## Self-exclusion

Self-exclusion is a great way to block yourself from wagering services, but you may find that you need a bit of extra support. There are other exclusion programs available to help block you from other gambling services. This includes blocking yourself from venues with poker machines and casinos.