

# SELF-EXCLUSION

# ONLINE GAMBLING BLOCKERS

It's so easy to access online gambling sites. But there's things you can do to limit your gambling or help you to take a break. We've created this guide to online gambling blockers you can install on your chosen device.

For more information visit [www.pgfnz.com](http://www.pgfnz.com)

## BETBLOCKER

**Betblocker** is a free tool for blocking gambling sites and ads on all devices. It offers parental controls and lock options for 24 hours to five years, preventing removal once activated.

## FREEDOM

**Freedom** is a website and app blocker designed to allow you to focus on what counts. With Freedom, you're able to set blocking schedules that will keep you away from triggering sites. They have a free trial and the cost is minimal.

## LOTTO

You can utilize various blocking options in your MyLotto account such as self-exclusion from games, setting spending limits, and opting out of email advertising. Visit Lotto's 'Play smart' page for more information.

## GAMBAN

**Gamban** is a service that blocks gambling websites and apps, including cryptocurrency and e-sports platforms. There are multiple subscription methods to fit what you want. The service cannot be uninstalled until the subscription ends.

## GAMBLOCK

**GamBlock** is a highly secure blocking solution that cannot be bypassed by VPNs or proxies. It offers various subscription options, and is compatible with most devices, particularly Windows and Android.

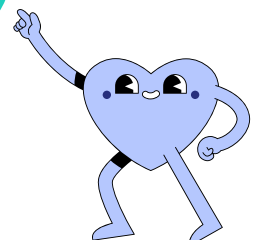
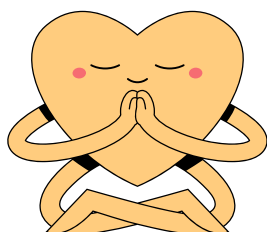
## TAB

You can exclude yourself from TAB venues.

Just visit:  
<https://bit.ly/4dOQHw3>

There are other ways to limit access to online gambling services as well. Content control software such as **Norton Family, Netsafe, Net Nanny** are great alternatives to download and install.

Your bank may be able to help as well. Some banks such as **Kiwibank, ANZ** and **Westpac** can block transactions to online gambling sites.



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