

- **Self-Exclusion Programs - Internet Controls & Web Blocking Software**

Self-Exclusion Internet Controls & Web Blocking Software such as **BetBlocker**, **Gamban**, **Gamblock**, and **Gambling Block** can also be a powerful tool for those that gamble on the Internet and would like to block the ability to access gambling sites, track and control Internet usage, or restrict access at specific times. Like self-exclusion, web-based exclusion programs allow users to “ban” themselves from being able to gamble online. There are free options as well as paid options, and this resource allows users to continue to utilize their computer for work and leisure but attempts to reduce the temptation to gamble as a result of pop up gambling site advertisements that would otherwise appear without the program. Many offer valuable tools such as the ability to track internet usage and even device location. A great feature of some web blocking software is that once installed, if the user tries to remove the program from their device, a prompt appears showing a map of available problem gambling resources in their area (such as the 888-ADMIT-IT HelpLine). There are also child protection websites such as, **Net Nanny**, **Cybersitter**, **Norton Family**, **Netsweeper**, **OpenDNS**, and **Qustodio** available, to help prevent underage access to online gambling. **Freedom** is an app and website blocker designed to improve focus and productivity by temporarily blocking distracting websites and apps (including gambling websites and apps) across multiple devices. Additionally, family features and apps offered by wireless service providers such as **Verizon Family Plus**, the **AT&T Secure Family® App**, and **T-Mobile’s FamilyMode® App**, offer the ability for their customers to block gambling apps and websites in addition to other sensitive content.

Some of the FCCG’s Online Gambling Self-Exclusion Internet Controls and Webblocking Software Program Resource Referrals include the following:

➤ **Freedom**

Freedom is an app and website blocker designed to help users manage their screen time and improve focus and productivity by temporarily blocking distracting websites and apps across multiple devices. Losing control of your time and money to online gambling? Use Freedom to block gambling sites and apps across all your devices. If you have a gambling problem or simply want more control, Freedom can help! Freedom works on Mac, Windows, Android, iOS, and ChromeOS devices. Freedom is free to use with limited features. Freedom Premium is available for \$8.99/month (billed monthly), \$39.99/year (billed yearly), or \$99.50 (one-time charge) for a lifetime license.

Be Incredibly Focused & Productive

Use the world’s best app & website blocker. Join millions of amazing people who use Freedom to manage their screen time and live happier, healthier, and more productive lives.

Focus on what matters.

Digital distractions are worse than ever. Freedom blocks them. No other screen time solution gives you the powerful multi-device control of Freedom. Mac, Windows, iOS, Android, or Chrome - we've got you covered.

Watch your focus improve with every session. Start your free trial today.

Schedule your focused time

Start sessions on-the-fly or schedule your Freedom time in advance. Plan out sessions that recur daily or weekly. With Freedom, you'll make time for productivity and things that matter most.

1. Select Your Devices
2. Choose Sites & Apps
3. Set Your Schedule

Freedom users report gaining an average of 2.5 hours of productive time each day. We're proud to have helped our users reclaim 10,000,000 hours in the past year. No wonder Freedom is used by people at the world's best companies and universities.

Block gambling sites. Reclaim your life.

Losing control of your time and money to online gambling? Use Freedom to block gambling sites and apps across all your devices. If you have a gambling problem or simply want more control, Freedom can help!

Behavioral experts cleverly craft online gambling sites to be incredibly habit-forming. The cost to your focus, your work, and your relationships (not to mention bank account!) can be staggering. Freedom gives you control.

Start your free trial today!

Freedom blocks gambling websites and apps to give you control.

If you want to stop or limit your gambling, Freedom can help. Select the sites and apps you want to block, decide when you want to block them, and start a session - you won't be able to access those sites while Freedom is running. The intervention of having a site blocked can be a crucial step toward gaining control and building better habits.

How Freedom is better

Whether you use Mac, Windows, Android, iOS, or Chrome, Freedom can sync blocks across all of your devices. Set up Freedom and you're in complete control of online gambling access.

Commit to productivity with Freedom scheduling

Use our pre-made blocklist of top gambling sites to get started, and customize with any you'd like to add - block as many gambling sites and apps as you need to. You can start sessions on-the-fly or schedule your Freedom time in advance. Plan sessions that recur daily or weekly. With Freedom, you'll build better habits and empower yourself with control.

Control online gambling.

Join over 3,000,000 people using Freedom to be more productive. You can get started for free, and cover all your devices for less than \$3.50 a month. Get Freedom.

Freedom App Features

- **Block Websites**
Whether it's Facebook, ESPN, or YouTube, block an unlimited number of distracting websites so you can focus on what matters.

- **Block Apps**
Spending too much time on apps? Freedom lets you block time-wasting apps - from email to addicting games.
- **Block The Internet**
When you need a break or a focus boost, block the whole internet with the click of a button.
- **Sync Across Devices**
Include as many devices as you'd like in a Freedom session. Freedom supports Mac, Windows, Android, iOS, and Chrome devices.
- **Blocklists**
Select websites and apps from our preset lists or create an unlimited number of customized blocklists to suit your different situations. With Website Exceptions, you can even *block all websites except the ones you need* so you can focus on your work.
- **Advance Scheduling**
Start Freedom sessions on the fly, or schedule a future session that begins automatically. You can also create recurring sessions to help make productivity a habit.
- **Locked Mode**
For the days when your willpower needs an extra boost, enable Locked mode to prevent you from ending a Freedom session. Keep your focus, your commitment to your goals, and break your most pernicious habits.
- **Ambient noise for focus**
Be transported to a café, library, office or nature. Ambient sounds help you focus and feel ensconced in your work.
- **Browser Extensions**
Our free extensions complement the Freedom app. Pause, limit, and monitor your time spent on distracting websites.
- **Session History**
See the details of your sessions - when, how long, what devices, and share your productivity with friends and colleagues.
- **Session Annotation**
Each Freedom session can be annotated - keep notes about what you've accomplished and track your progress.

Premium Features

Your 7 day trial includes access to all premium features.

- Unlimited Sessions & Devices
- Recurring Scheduled Sessions
- Advance Scheduling
- Locked Mode
- Focus Music, Cafés & other Ambient Sounds
- Session Annotation & History
- Freedom Perks - Partner Discounts

Browser Extensions

- **Pause** - break your browsing habits
- **Insight** - see the time you spend on sites
- **Limit** - set your daily limits on sites

Frequently Asked Questions

- **How is Freedom different from other screen time apps?**

Freedom is the *only* app that can sync blocking sessions across all your devices. That means you can start a session on your desktop, but distracting apps on your mobile devices can be blocked too. Install Freedom wherever you need it, and enjoy some serious focus time.

- **How much does Freedom cost?**

Freedom is *free* to use with limited features. This is a great way to get started, and when you're ready to unlock the valuable Premium features, you'll have a variety of options. For just \$40 per year (equivalent to one coffee per month), you can optimize your focus and embrace remarkably productive days.

- **Does Freedom block both apps and websites?**

Absolutely. Customize your sessions to block any distraction, whether it's excessive tabs on your desktop browser or addictive apps like TikTok, Instagram, YouTube, news, games, shopping, or gambling on your mobile devices. Freedom efficiently blocks apps and websites across a range of devices including iPhones, iPads, Mac computers, Windows computers, Android devices, and Chrome devices.

- **What are some other cool Freedom features I should know about?**

Delighted you asked. Besides syncing across multiple platforms, Freedom offers comprehensive app blocking on desktops, website exceptions (block-all except for specified sites), and immersive focus sounds and music - including pomodoro sessions and exclusive tracks from Brain.fm. Additionally, you'll find loads of resources aimed at helping you understand and overcome the challenge of distractions.

- **Why should I believe you? Who else uses Freedom and gets these results?**

OK, we get it. Promising 2.5 hours of additional productive time every day requires some evidence. We're humbled by the massive worldwide response to Freedom, and proud to say that we're loved and used by top productivity leaders, professionals across fields, and frequently recommended in top press outlets. With over 3.5 million users worldwide, we're motivated by the global Freedom family. And speaking of trust, we take your privacy seriously. We don't track any personal user activity because your privacy matters to us.

Website: <https://freedom.to/how-to-stop-gambling>

Download Links: <https://freedom.to/downloads>