

Self-Exclusion Programs - Internet Controls & Web Blocking Software - Gambling Block ****Resource For the Gambler and Loved Ones**

• 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:

➤ Gambling Block

Gambling Block is a free mobile app for iOS and Android that helps by blocking access to casino and betting sites on your device, managing your urges with helpful reminders, and providing tools to track your progress. It's designed to support you in reclaiming control and staying focused on your recovery journey. **Gambling Block** is user-friendly and designed for simplicity. Once downloaded, you can easily set up site blocks and manage your preferences through a straightforward interface. Guides and support are available to help you get started quickly. **Gambling Block's** list of blocked sites is updated daily to ensure it includes the latest gambling sites and platforms. You can request updates or adjustments at any time to keep your restrictions effective and current.

Gambling Block is the ultimate app to help you take control of your online habits and maintain a responsible approach to gambling. Say goodbye to temptations by blocking millions of unwanted gambling-related websites and keywords.

**We block more than 410,000 sites .
Our list is updated every day.**

The worlds' most advanced gambling blocker

We update our list of blocked sites daily upon simple request, ensuring you stay protected with the latest restrictions.

Your queries answered
Everything you need to know about using our app

- **How does Gambling Block help me with gambling addiction?**

Gambling Block helps by blocking access to casino and betting sites on your device, managing your urges with helpful reminders, and providing tools to track your progress. It's designed to support you in reclaiming control and staying focused on your recovery journey.

- **Is Gambling Block easy to use?**

Yes, Gambling Block is user-friendly and designed for simplicity. Once downloaded, you can easily set up site blocks and manage your preferences through a straightforward interface. We provide guides and support to help you get started quickly.

- **How often is the list of blocked sites updated?**

Our list of blocked sites is updated daily to ensure it includes the latest gambling sites and platforms. You can request updates or adjustments at any time to keep your restrictions effective and current.

Website: <https://www.gamblingblock.app/>

- **iOS:** <https://apps.apple.com/no/app/stop-gamble-gambling-block/id6476784774?mt=8>
- **Android:** <https://play.google.com/store/apps/details?id=com.moxyzstudio.gamblingblock&pli=1>