

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:

- **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

Websites:

- freedom.to - \$3.33 to \$8.99 per month with free trial
- netnanny.com - prices range from \$39.99 to \$89.99 per year

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** - www.anz.com.au
- **Bank of Melbourne** - <https://www.bankofmelbourne.com.au>
- **Commonwealth Bank** - www.commbank.com.au
- **National Australia Bank (NAB)** - www.nab.com.au
- **St George Bank** - www.stgeorge.com.au
- **Westpac** - www.westpac.com.au

**For more information, contact
Gambler's Help at Bethany**

Bethany Community Support 5278 8122 www.bethany.org.au
Gamblers Help 1800 858 858 www.gamblershelp.com.au



How to block gambling apps, websites and purchases

The following banks and financial institutions prohibit all gambling transactions on **credit cards**, those with an * have optional bans available:

- American Express
- ANZ Bank (if above 85% of credit limit)
- Bank Australia
- Bank of Melbourne
- Citibank
- Commonwealth Bank*
- Credit Union of Australia (CUA)
- Macquarie Bank
- NAB*
- Suncorp
- Virgin Money
- Westpac*

For more information and support for gambling harm please contact
Bethany Community Support on 5278 8122.

**For more information, contact
Gambler's Help at Bethany**

Bethany Community Support 5278 8122 www.bethany.org.au
Gamblers Help 1800 858 858 www.gamblershelp.com.au

