



## GAMBLING SELF EXCLUSION FORM

Please complete and sign this form and return it to Freedom from Torture

- By email: [info@freedomfromtorture.org](mailto:info@freedomfromtorture.org)
- By Post: Fundraising Department, Freedom from Torture, 111 Isledon Road, London, N7 7JW

**Please exclude me from all Freedom from Torture raffle and lottery activity with immediate effect. I understand that by submitting this form, the exclusion will remain in place for 12 months\*. I will be in contact with Freedom from Torture if I wish to extend the self-exclusion period by email or post (details above) or phone on 020 7697 7788.**

(\*Please note that by law the self-exclusion period must apply for a duration of at least 6 months but not more than 12 months.)

Title	
First name	
Last name	
Date of Birth	
Address 1	
Address 2	
Town	
Postcode	
Supporter number (if known)	

Signature.....Date.....

### Are you gambling more than you really want to?

If you feel you have a problem with gambling, please visit [www.gambleaware.co.uk](http://www.gambleaware.co.uk) for help and advice or contact The National Gambling Helpline on 0808 8020 133 (8am to midnight).

For more information on Freedom from Torture's approach to responsible gambling, please go to [www.freedomfromtorture.org/raffle](http://www.freedomfromtorture.org/raffle)