

# Additional Resources

## Professional Help

### Your regular doctor.

Primary care physicians and mental health practitioners may be able to provide effective video game “addiction” treatment.

Video game “addiction” is an emerging issue so there are not many video game specific counseling or treatment options. When looking for resources in your community, work with someone who will treat video game “addiction” as a primary issue, not as a secondary one. Here are some important things to ask when you are looking for help:

1. Do you believe that video games can be addictive?
2. Have you ever treated anyone for computer or video game addiction?
3. If not, what is your approach for treating addiction?
4. Do you believe that video game addiction needs to be treated directly as a primary problem or merely as a symptom for an underlying problem?

### Specialists in video game addiction.

For specialty addiction treatment options, try contacting local mental health agencies. Other resources include:

## Community Organizations

### Living Beyond Recovery

<http://www.livingbeyondrecovery.com/videogames/cms/videogames.html>

## Treatment Programs

### Aspen Education Group

<http://www.aspeneducationgroup.com/gameaddiction>  
(866) 375-4376

### The Center for Internet Behavior

<http://www.virtual-addiction.com/>  
860-561-8727

## Information resources

### Addiction information.org

<http://www.addictioninfo.org/>

### The Center for Internet Behavior

<http://www.virtual-addiction.com/>  
860-561-8727

### CRC Health Group

<http://www.video-game-addiction.org/>  
866.869.4530

### Healthy Place

<http://www.healthyplace.com/>

### Web Aware

<http://www.bewebaware.ca/english/default.aspx>  
860-561-8727

## Mutual-help groups

### Online Gamers Anonymous

<http://www.olganon.org>  
(612)-245-1115

**Visit [www.mediawise.org](http://www.mediawise.org) for an updated list of resources.**