**Gaming Addiction**

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
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| Setting time limit for play and follow it gradually. | Helping them understand that there is a problem. | Therapist |
| Keeping phones and other gadgets out of the bedroom so you won’t play at night. | Being sensitive and guiding them to follow the time limit. | Paediatrician |
| Doing other activities every day, including exercise. | Helping them explore different interest and hobbies. | Psychologist |