

Internet Overuse & Video Gaming

Websites

Center for Online Addiction

www.netaddiction.com

Includes information on specific forms of addiction, FAQs, a blog, and assessment tools.

Center for Internet and Technology Addiction

www.virtual-addiction.com

Provides therapeutic services, information, and resources on cyber-behavior, Internet addiction, and problems with all forms of digital technology, at home, school, and in the workplace. Includes articles, self-help tests, FAQs, and links.

Richmond Addiction Services: Resources

www.richmondaddictions.ca/resources.html

The resources section offers selected links by addiction specialist on gaming, internet and a lot of related topics for youth and families.

Parent Further: Technology and Media

www.parentfurther.com/technology-media

This site provides resources on supporting families to use technology in a safe and healthy way, and helping parents understand what their children may be doing online. It includes downloadable guides on topics such as video game addiction and information on safe use of mobile devices and social networking.

Ask the Mediatrix

cmch.typepad.com/mediatrix/

A Boston based paediatrician who is a former filmmaker answers questions on media and health submitted by the public. The site covers a wide variety of topics including parenting queries on social media, video games, email and the web.

Books & Videos

Caught in the Net: How to Recognize the Signs of Internet Addiction and A Winning Strategy for Recovery (1998)

Kimberly S. Young | VPL

This book includes stories of lives affected by online compulsive behaviour. It addresses warning signs and recovery, and offers concrete steps to help users regulate and balance Internet usage.

Cyber Junkie: Escape the Gaming and Internet Trap (2010)

Kevin J. Roberts | VPL

This book outlines the signs of internet addiction, and identifies steps to develop new thoughts and behaviours. Includes a guide for parents for working with their addicted children.

Cybersex Unhooked: A Workbook for Breaking Free of Compulsive Online Sexual Behavior (2001)

David L. Delmonico | VPL

Workbook to help people who are struggling with online compulsive sexual behaviours.

In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior (2007)

Patrick Carnes | VPL



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Books & Videos (*continued...*)

This book addresses compulsive online sexual behaviour, with specific strategies for recognizing and changing compulsive sexual behaviors.

Untangling the Web: Sex, Porn, and Fantasy Obsession in the Internet Age (2006)

Robert Weiss | VPL

Offers personal stories of Internet pornography and sex addiction, and its effect intimacy, relationships, career, health, and self-respect. Also includes realistic healing strategies for those experiencing addiction and their loved ones.

Virtual Addiction: Help for Netheads, Cyberfreaks, and Those Who Love Them (1999)

David Greenfield | VPL

This book identifies warning signs for online compulsion behaviour and counsels both users and their loved ones on how to address the addiction.

FSRC: Family Support & Resource Centre at BC Children's Hospital. If this is not within your area, you can request the item through the mail at no charge.

Tel: 604-875-2345 ext. 5102 | Website: bcchildrens.ca/frl

VPL: Vancouver Public Library. If this is not within your area, you can request the item through your local library.

Tel: 604-331-3603 | Website: vpl.ca

Support Services

BC Distress and Information Line

310-6789 (no area code required)

Provides 24/7 skilled assessment, emotional support, information and referral, and crisis and suicide intervention.

Kelty Mental Health Resource Centre

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use challenges. In addition, the centre offers resources on eating disorders for all ages. Peer support is available for youth, parents of children with mental health or substance use challenges, as well as individuals of any age struggling with an eating disorder.

Richmond Addictions Services

(604) 270-9220 | www.richmondaddictions.ca

Offers support and counselling, as well as educational sessions for youth and family.