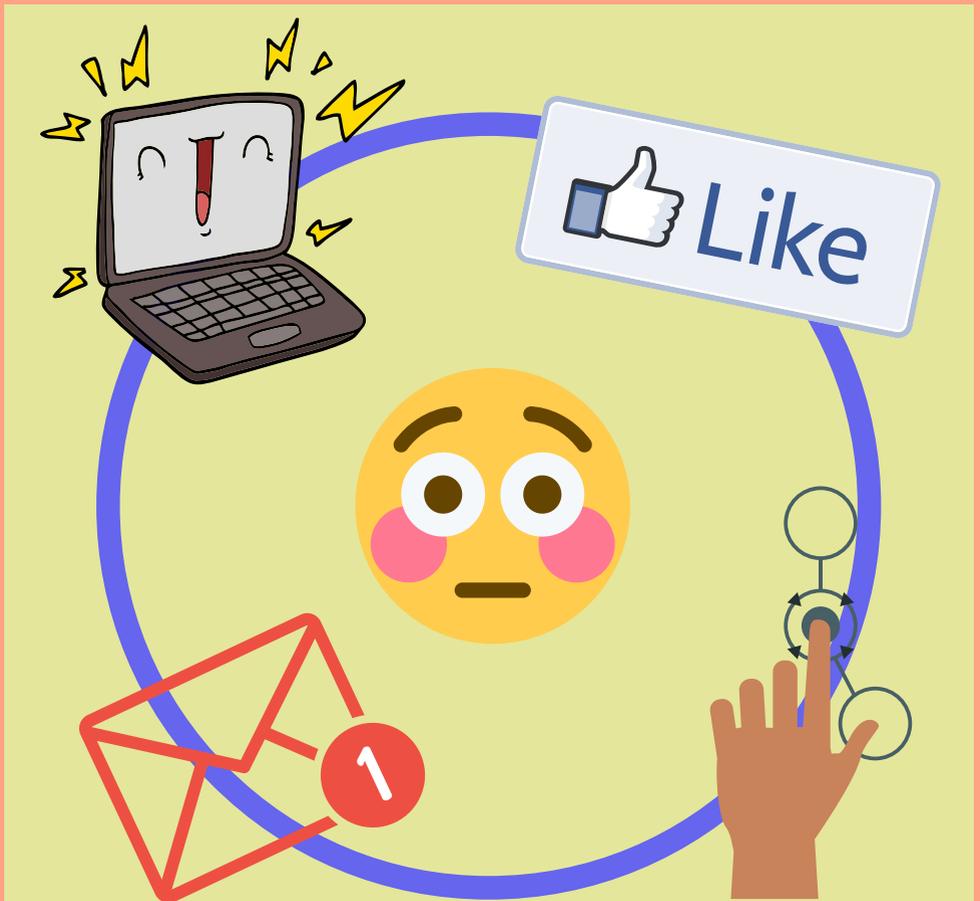


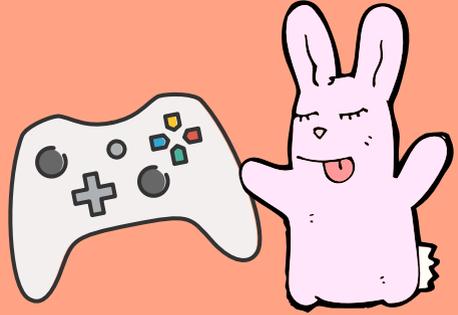
DIGITAL HEALTH



EXCESSIVE GAMING

While gaming can be a fun way to de-stress and connect with your friends, it can negatively affect your mental health if it causes you to:

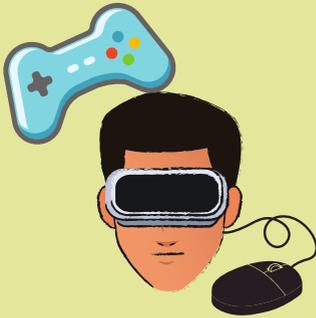
- Avoid problems in real-life
- Escape from negative thoughts and emotions
- Lose track of time
 - Lack of sleep
 - Missing meals
- Not exercise
- Lose interest in real-world achievements



AM I ADDICTED?

Some signs of gaming addiction include:

- Feeling **irritable, anxious or sad** when trying to stop gaming
- Constantly **thinking about or looking forward to gaming**
- Spending **increasing amounts of time** gaming
- **Losing interest** in other hobbies
- Gaming to **relieve or escape** negative emotions



Do get help from a mental health professional if you think you might be struggling with gaming addiction!

MORE INFORMATION FOR PARENTS

Social media use and gaming in moderate amounts can be healthy for your child. To encourage positive digital habits, you can:

- Negotiate **realistic durations** of social media use/gaming with your child
- **Turn off** notifications
- Set a **good example** by avoiding use of mobile devices during family meals
- **Encourage** your child to engage in hobbies and activities offline



IPMDA

Integrated Programme for Management of Depression in Adolescents

DEPARTMENT OF PSYCHOLOGICAL MEDICINE

National University Hospital

5 LOWER KENT RIDGE ROAD, SINGAPORE 119074

TEL (65) 6779 5555

www.nuh.com.sg

Company Registration Number: 198500843R

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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