

Video Gaming Help - Information and Resources

1. Parenting & Video Gaming - Information and Tools
 2. How to quit Video Gaming Article - <https://www.newsweek.com/how-quit-video-games-addiction-treatment-mental-health-1449602>
 3. Game Quitters - <https://gamequitters.com>
 4. Computer Gaming Addicts Anonymous - <https://cgaa.info/>
A Fellowship and Recovery Program for Compulsive Video Gamers
 5. OLGA – Online Gamers Anonymous (Gamer) – www.olganon.org
Founded 2002 -
Book – Your Son Did NOT Die in Vain
- OLG-Anon -
Online meeting for Parents
6. Treatment Programs for Gamers

1. Parenting & Video Gaming - Information and Tools

Parenting & Video Gaming - Information and Tools

a) <https://www.123magic.com>

Book - 1-2-3 Magic : Effective Discipline for Children 2-12 by Thomas W. Phelan

b) Abbreviated PDF of 1) above <http://www.gplocumcover.co.uk/docstore/parenting.pdf>

This is a PDF abbreviated version of the information in the Book 1-2-3 Magic : Effective Discipline for Children 2-12 by Thomas W. Phelan mentioned above. It can be downloaded and/or printed.

c) **Entertainment Software Rating Board** details <https://www.esrb.org/tools-for-parents/>

d) **Screen time and kids: New findings parents need to know**

<https://abcnews.go.com/Health/screen-time-kids-findings-parents/story?id=667515209>)

e) **Video Games: How to set limits** - <https://northshorefamilyservices.com/video-games-how-to-set-limits-on-play-time/>

f) **“Does My Child Have a Video Game Addiction?” How to Set Limits Around Video Game Use**

- <https://www.empoweringparents.com/article/does-my-child-have-a-video-game-addiction-how-to-set-limits-around-video-game-use/>

II. Additional Parenting and Video Gaming Information and Tools

g) Parenting <https://gamequitters.com/resources/>

Scroll down to section titled: “Parenting - Everything you need to know to parent in the age of video games.”

h) <https://gamequitters.com/reclaim/>

This website also offers a more in depth parenting guide at a cost of \$297.00.

i) <https://m.facebook.com/groups/234660037000181/>

The [Gamequitters.com](https://gamequitters.com) website has a Facebook based parenting support group.

j) <https://gamequitters.com/webinars/>

[Gamequitters.com](https://gamequitters.com) periodically offers Webinars on various gaming related issues including parenting. They also offer the opportunity to review some prior webinars on their website.

k) Parenting Video Gamers – Some additional articles

https://www.omaha.com/momaha/parental-controls-and-video-games-a-straightforward-guide-to-help/article_c21e0c98-0081-590d-9519-9094846980fa.html

<http://parentingdigital.com/best-video-game-review-sites-parents/>

<https://www.esrb.org/tools-for-parents/>

<https://www.npr.org/2019/06/20/734494867/the-brighter-side-of-screen-time>

l) 2020 apps - <https://parentalcontrolnow.org/best-parental-control/apps/>
<https://www.safewise.com/resources/parental-control-filters-buyers-guide/>

m) Family Media Use Plan tool

<https://www.healthychildren.org/English/media/Pages/default.aspx#wizard>

2. How to quit Video Gaming Article

HOW TO QUIT VIDEO GAMES: NEW STUDY FINDS PROMISING THERAPY, URGES DRUG STUDY AS NEXT STEP FOR RESEARCHERS

<https://www.newsweek.com/how-quit-video-games-addiction-treatment-mental-health-1449602>

3. Game Quitters - <https://gamequitters.com>

Game Quitters

Game Quitters is an educational resource. If you need medical support, please call 911, emergency services, or a crisis line immediately.

Cam Adair – <https://gamequitters.com/cam/>

Vision - <https://gamequitters.com/vision/>

Support community for people with a video game addiction – helps 75,000 people in 95 countries around the world

How to Quit Playing Video Games - <https://gamequitters.com/respawn/>

A proven step-by-step guide to quit gaming and get your life back on track

Reclaim Your Loved One from Gaming - <https://gamequitters.com/reclaim/#pricing>

Get instant access to our practical action guide to stop video game addiction

Is Gaming Taking Over Your Life?

Short Quiz

Gamer - <https://gamequitters.com/video-game-addiction-quiz-for-gamers/>

Loved One - <https://gamequitters.com/gaming-addiction-quiz-for-parents/>

60+ Hobby Ideas - Where can I send you 60+ new hobby ideas?

200+ Videos -

https://www.youtube.com/channel/UCTbbu5C5sq9VStQD2gvIN_g?sub_confirmation=1

Real Stories

How to Quit Playing Video Games - <https://gamequitters.com/respawn/>

A proven step-by-step guide to quit gaming and get your life back on track

Global Community forum - <https://forum.gamequitters.com/>

4. Computer Gaming Addicts
Anonymous - <https://cgaa.info/>

A Fellowship and Recovery Program
for Compulsive Video Gamers

Computer Gaming Addicts Anonymous

A Fellowship and Recovery Program for Compulsive Video Gamers

www.cgaa.info

12 Steps - <https://cgaa.info/twelve-traditions/>

Steps adapted from AA - <https://cgaa.info/steps-adapted-from-aa/>

12 Traditions - <https://cgaa.info/twelve-traditions/>

Traditions also adapted from AA

Membership - The only requirement for membership is a desire to stop gaming.

Compulsive internet use

If you want to stop compulsive internet/tech use and therefore want to stop gaming, you are welcome.

However, not the purpose of meetings to help with abstinence from or moderation of internet/tech use – ITAA - <https://internetaddictsanonymous.org/>

Information for family member - <https://cgaa.info/info-for-family-members/>

Family and Friends - Olganon.org, Al-Anon, Nar-Anon, CoDA - <https://cgaa.info/resources/>

Self Test to Assess Video Game Addiction (2019) - <https://cgaa.info/self-test-for-video-gaming-addiction/>

Brochure

For Professionals - <https://cgaa.info/wp-content/uploads/2014/05/InfoForProfessionals.pdf>

Face-to-Face Support Groups <https://cgaa.info/local-support-groups/>

WISCONSIN

Madison, WI

madison@cgaa.info

Milwaukee, WI

milwaukee@cgaa.info

Illinois

Chicago

Hazelden-Betty Ford Center

867 N. Dearborn

Chicago, IL

chicago@cgaa.info

Online Meetings – Schedule <https://cgaa.info/online-meetings/>

Stories of Recovery from Video Game Addiction -

<https://www.youtube.com/channel/UCLjD3R2yJ5wriHFY7XdjDBg>

Helpline - <https://cgaa.info/helpline/>

Discussion Forum - <https://cgaa.info/discussion-forum/>

CGAA Service Structure - <https://cgaa.info/service-structure/> - The service structure, which includes a General Service Conference of group delegates and the non-profit Computer Gaming Addicts Anonymous International Services, serves and is directed by the fellowship. Its elected members are trusted servants who have no authority or power over any group, meeting or member.

Email List - <https://cgaa.info/email-list-form/>

5. OLGA – Online Gamers Anonymous
www.olganon.org

OLGA - ON-LINE GAMERS ANONYMOUS®

Sharing our experience, strength and hope to support each other to recover from problems resulting from excessive game playing

www.olganon.org/home

On-Line Gamers Anonymous® Non-Profit

Founded by Elizabeth (Liz) Woolley in 2002 after her son, Shawn Woolley, committed suicide while logged into EverQuest

US 501(c)(3) non-profit organization

Book – “Your Son Did Not Die In Vain” - <https://www.amazon.com/Your-Son-did-vain-Line/dp/1072518910>

12 Steps and Principles –

<https://www.olganon.org/twelve-step-program/twelve-steps-and-principles-olga>

Meetings

Parents – On-line meeting for Parents
Thursdays 9pm EST

Face to Face Meetings

Bethesda, MA meeting everyone
Anapolis, MD meeting everyone
Edina, MN – OLGA meeting
Edina, MN – OLG-Anon meeting

Chat Rooms/Voice Chat Rooms

4 Chat Rooms
General
OLGA Meetings
OLGANon meetings
Staff Meetings
Volunteer Chairs
Chat Moderators

Brochure - https://www.olganon.org/sites/default/files/attachments/2019_olganon_brochure_final.pdf

Frequently Asked Questions

https://www.olganon.org/frequently_asked_questions

6. Treatment Programs for Gamers

Treatment Programs for Video Gaming

Reset Summer Camp

Clinical camp for Gaming Addiction . . . and more!

<https://www.resetsummercamp.com/>

BrightQuest (Psychiatric and Co-Occurring of SUD and GD)

<https://www.brightquest.com/gaming-disorder/>

'It consumed my life': inside a gaming addiction treatment centre

As the World Health Organization classifies gaming disorder as a mental health condition, one UK treatment centre reveals how it is trying to tackle the problem

<https://www.theguardian.com/games/2018/jun/18/truth-gaming-addiction-world-health-organization-disorder-games>

Researchers Find a Promising Treatment for Video Game Addiction

It's about rewiring the gamer's relationship to video games, not abstinence.

https://www.vice.com/en_us/article/mb8y8v/researchers-find-a-promising-treatment-for-video-game-addiction

Healthy Gamer GG

Podcast by Dr. K - Psychiatrist

Faculty at Harvard Medical School

www.healthygamer.gg

<https://open.spotify.com/show/6VaJwyS2KXxiXqR77iqzmP>