



TECHNOLOGY - GAMING DISORDER

DID YOU KNOW?

- ACCORDING TO THE WORLD HEALTH ORGANIZATION (WHO), *GAMING DISORDER* IS CONSIDERED TO EXIST WHEN GAMING TAKES OVER SOMEONE’S OTHER INTERESTS, DAILY ACTIVITIES, OR CONTINUES TO TAKE UP MORE OF THE PERSON’S TIME.
- VIDEO GAMES ARE DESIGNED TO BE SIMILAR TO MANY CASINO GAMES. SOME OFFER THE CHANCE TO GAMBLE USING VIRTUAL OR REAL MONEY, WHILE OTHERS USE THE CONCEPT OF ACQUIRING SKILLS OR ‘LEVELING UP’ TO KEEP PLAYERS MOTIVATED TO PLAY.
- UNEXPECTED OR INTERMITTENT REWARDS, ALONG WITH SENSORY ENGAGEMENT (I.E. LIGHTS, COLOURS, SOUNDS) ENTICE CONTINUED PLAY.
- SOME YOUTH ARE MORE VULNERABLE TO PROBLEM GAMING, INCLUDING THOSE WITH A PREEXISTING MENTAL HEALTH DISORDER, YOUTH WITH ADHD, OR THOSE WHO STRUGGLE SOCIALLY.
- GAMES CREATE SOCIAL CONNECTIONS ONLINE, WHICH MAY BE ATTRACTIVE TO THOSE WHO STRUGGLE TO MAKE SOCIAL CONNECTIONS OFFLINE



Alberta Health Services

www.albertahealthservices.ca

**PEACE RIVER
ADDICTION SERVICES**

Office hours are
**Monday – Friday 8:00
AM – 4:30 PM**

Addiction & Mental
Health Building 10015 –
98 St, Peace River, AB
T8S 1T4

Services are available in
all schools

Outreach offices in
Manning and Fairview

Available to all
Albertans: adults,
youth, family and
friends

For more information or
to schedule an
appointment with an
addictions counsellor call
780-624-6151

Outpatient services are
voluntary, confidential,
and free of charge.