

# INTERNET OVERUSE AND GAMING

Where to go when you're looking for help

Updated: August 2023

The internet is a popular way to connect with other people, share information and seek entertainment. Some people use the internet to escape from their problems by immersing themselves in online communities or activities, such as gaming. For young people, internet use can become a problem when it gets in the way of developing age-appropriate skills and interests, including schoolwork and socializing. For adults, internet overuse can also affect their relationships, work and health. Internet overuse is often associated with mental health problems that include attention-deficit/hyperactivity disorder, depression, learning disabilities and social anxiety.

Proper assessment and treatment help people overcome internet overuse and regain control of their behaviours. Counselling is the most common approach to treatment and involves helping people learn to use the internet in a healthy way.

## Finding Help

### ConnexOntario

This 24/7 support line helps people find the services they need. It is available to anyone affected by gambling. It is free, confidential and anonymous.

Tel.: 1 866 531-2600

[www.connexontario.ca/en-ca/contact-us](http://www.connexontario.ca/en-ca/contact-us)

## Assessment and treatment: All ages

### Adapt: Halton Alcohol, Drug and Gambling Assessment, Prevention and Treatment Services

165 Cross Ave., Oakville, ON L6J 0B1

Tel.: 905 639-6537, press 0 for intake

[adapt@haltonadapt.org](mailto:adapt@haltonadapt.org)

[www.haltonadapt.org/programs-services/problem-gambling-behavioural-addictions](http://www.haltonadapt.org/programs-services/problem-gambling-behavioural-addictions)

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

**camh**

**Services:** Assessment and counselling for people struggling with internet overuse or gambling problems

**Eligibility:** All ages

**Referral:** Self-referrals accepted for most programs; [referral/consent](#) forms available online

**Fee:** Contact the organization for details

## Bellwood Health Services

175 Brentcliffe Rd., Toronto, ON M4G 0C5

Tel.: 1 866 349-3869

<https://try.bellwoodtreatment.ca/programs>

**Services:** Inpatient Addiction and Mental Health Program for people with gaming and substance use problems; youth program also available

**Eligibility:** All ages; youth

**Referrals:** Self-referrals welcome

**Fee:** Varies, contact the organization for details

## Centre for Addiction and Mental Health: Problem Gambling and Technology Use Treatment

60 White Squirrel Way, 3rd floor (Queen Street site)

Tel.: 416 535-8501, press 2

[www.camh.ca/en/your-care/programs-and-services/problem-gambling--technology-use-treatment](http://www.camh.ca/en/your-care/programs-and-services/problem-gambling--technology-use-treatment)

**Services:** Assessment and group-based treatment for individuals and their families specific to gambling or technology use

**Eligibility:** Youth and adults who want to quit or reduce their gambling or technology use

**Referral:** Self-referral accepted through Access CAMH

**Fee:** Free

## Hotel-Dieu Grace Healthcare: Centre for Problem Gambling and Digital Dependency

1453 Prince Road, Windsor, ON N9C 3Z4

215 Talbot St. East Leamington, ON N8H 3X5

Tel.: 519 257-2112

[prob gamb@hdgh.org](mailto:prob gamb@hdgh.org)

[www.hdgh.org/problemgamblingservices](http://www.hdgh.org/problemgamblingservices)

**Services:** Education, harm reduction strategies and abstinence support for problem gambling and internet use

**Eligibility:** All ages

**Referral:** Self-referral

**Fee:** No cost

## Assessment and treatment: Adults

### The Mindfulness Clinic

700 Bay St., Suite 2200, Toronto, ON M5G 1Z6

Tel.: 416 847-7118 or 1 866 848-7118

[info@themindfulnessclinic.ca](mailto:info@themindfulnessclinic.ca)

[www.themindfulnessclinic.ca](http://www.themindfulnessclinic.ca)

**Services:** Individual sessions with a therapist who specializes in behavioural issues or addictions

**Eligibility:** Age 18 +

**Referral:** Self-referral

**Fee:** Contact the organization for details

### Simcoe Addiction and Mental Health

4136 3rd Line, Cookstown, ON L0L 1L0

Tel.: 1 833 304-8181

Fax.: 1 833 222-8803

[info@simcoerehab.ca](mailto:info@simcoerehab.ca)

[www.simcoerehab.ca/adhd-treatment](http://www.simcoerehab.ca/adhd-treatment)

**Services:** Virtual outpatient programs for behavioural addictions. One-on-one sessions with psychotherapist for internet or gaming problems

**Eligibility:** Age 18+

**Referral:** Self-referral

**Fee:** Contact the organization for details

### Trafalgar Addiction Treatment Centres

124 Merton St., Suite 305, Toronto, ON M4S 2Z2

Tel.: 1 855 972-9760

[www.trafalgarresidence.com/internet-addiction-treatment](http://www.trafalgarresidence.com/internet-addiction-treatment)

**Services:** Residential or outpatient virtual treatment programs for internet addiction; four-week intensive virtual program involves 12 individual therapy sessions with a therapist

**Eligibility:** Age 19+

**Referral:** Self-referral

**Fee:** Contact the organization for details

## Assessment and treatment: Youth

### Addiction and Mental Health Services

552 Princess St., Kingston, ON K7L 1C7

Tel.: 613 544-1356

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[info@amhs-kfla.ca](mailto:info@amhs-kfla.ca)

[www.amhs-kfla.ca](http://www.amhs-kfla.ca)

**Services:** Gambling and gaming addiction program that includes assessment, individual counselling, relapse prevention and support for family members

**Eligibility:** Age 12+

**Referral:** [Self-referral](#) or [referrals from health professionals](#); referral forms available online

**Fee:** Contact the organization for details

## Mental Health and Addiction Services of Ottawa

1489 Merivale Rd., Unit 200, Ottawa, ON K2E 5P3

Tel.: 613 225-6767

[info@mhaso.ca](mailto:info@mhaso.ca)

[www.mhaso.ca/services](http://www.mhaso.ca/services)

**Services:** Group-based and individual counselling for behavioural addictions. Weekly group sessions cover a range of behavioural addictions. Individual sessions address specific issues, such as internet overuse and gaming addiction

**Eligibility:** Age 15+

**Referral:** Self-referral; professional referral may be necessary for coverage by private insurance

**Fee:** Contact the organization for details

## Vasantham Health and Wellness Centre

2660 Eglinton Ave. East, Toronto, ON M1K 2S3

Tel.: 416 847-4172

[info@vasantham.ca](mailto:info@vasantham.ca)

[www.vasantham.ca](http://www.vasantham.ca)

**Services:** Problem gambling counselling services; offered in English and Tamil

**Eligibility:** Youth

**Referral:** Self-referral

**Fee:** Free

## Venture Academy

101-1865 Dilworth Dr., Suite 338, Kelowna, BC V1Y 9T1

Tel.: 1 866 762-2211

[info@ventureacademy.ca](mailto:info@ventureacademy.ca)

[www.ventureacademy.ca](http://www.ventureacademy.ca)

**Services:** 30-day assessment and intervention to address problematic use of electronic devices

**Eligibility:** Youth

**Referral:** Professional referral

**Fee:** Contact the organization for details

## Online educational resources

### Center for Parenting Education

[www.centerforparentingeducation.org/resource-directory](http://www.centerforparentingeducation.org/resource-directory)

[info@parentingedu.org](mailto:info@parentingedu.org)

**Services:** Free educational resources to teach parents about media and internet safety

### Montreal Centre for Learning Disabilities

[www.ldmontreal.ca/tech-addiction-webinar](http://www.ldmontreal.ca/tech-addiction-webinar)

[info@ldmontreal.ca](mailto:info@ldmontreal.ca)

**Services:** Resources and webinars about learning disabilities, addiction and technology overuse. Membership is required to access some content