

Tips for gamers



Gaming is fun, but it has downsides, so here are some useful tips.

We get it. Gaming is wonderfully entertaining. The good parts are playing with friends, learning new skills and just relaxing – to name a few.

But when you spend more and more time gaming, you might be:

- not getting along with your parents
- giving up your hobbies, sports or other interests
- seeing less of your family and friends
- getting lower school grades
- spending more money than you want on skins gambling or in-game purchases like loot boxes.

Find out more or make an appointment:

Call us on 1800 934 196

Email gamblinghelp@rasa.org.au

Visit <https://gamblinghelpsa.org.au>



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1. Find out more about the risks and benefits of gaming www.rasa.org.au/takecontrol
2. Start doing other things again, like playing sports or music
3. Talk about your gaming habits with a trusted adult to see if they can help
4. For a private and confidential conversation come and talk to us. Many young people, who have similar challenges when gaming, have found it useful. It's free and focuses on your goals.