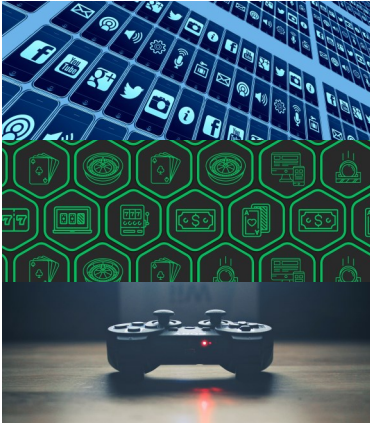


Internet & Gaming Addiction (IGA)

Intervention Programme



With the rise of mobile phones and technology, the internet is closely intertwined with our daily lives. For some individuals, the compulsive use of Internet and Gaming affects their career and relationships. Our programme help them to understand, manage and stop compulsive Internet use, Video and Mobile Gaming.

At WE CARE, we provide accessible and affordable professional help for individuals and families struggling with various forms of addictions. We provide a safe environment for the individual and family to work on their issues and effect long-lasting change.

Do you or someone you know:

- ✓ feel preoccupied with the Internet and/or gaming (think about previous online activity or anticipate next online session)?
- ✓ feel the need to use the Internet and/or gaming with increasing amounts of time in order to achieve satisfaction?
- ✓ repeatedly made unsuccessful efforts to control, cut back, or stop Internet use and/or gaming?
- ✓ feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use and/or gaming ?
- ✓ stayed online and/ or game longer than originally intended?
- ✓ jeopardized or risked the loss of a significant relationship, job, or educational or career opportunity because of the Internet and/or gaming?
- ✓ lied to family members or others to conceal the extent of involvement with the Internet and/or gaming?
- ✓ use the Internet and or gaming as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)?

Adapted from Young, 1998

If you recognise some of the symptoms above, talk to a professional. Call 6547 5459.



Get Help Now!
help@wecare.org.sg
Tel: 6547 5459

***Need more information?
Call or email us now.***
All enquiries are handled with
strict confidentiality.

IGA Programme

The **Internet & Gaming Addiction (IGA) Intervention** Programme is a structured therapy programme designed for people with internet or/and gaming addictions. Counselling is provided by trained addiction specialists.

Basic programme components:

- 6 Individual sessions
- 2 Family sessions (optional)

Depending on needs, some clients may require further sessions after the initial phase of programme.

WE CARE Community Services

Kembangan Chai-Chee Community Hub
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