

Internet Addiction

Websites

Center for Internet and Technology Addiction www.virtual-addiction.com

Provides therapeutic services, information, and resources on cyber-behavior, Internet addiction, and problems with all forms of digital technology, at home, school, and in the workplace. Includes articles, self-help tests, FAQs, and links.

TechAddiction www.techaddiction.ca

Provides useful and professional information on excessive video game and internet use, as well as, recovery resources. Includes information for parents, FAQs, videos, blog, and a support forum.

Richmond Addiction Services: Resources www.richmondaddictions.ca/resources.html

The resources section offers selected links by addiction specialist on gaming, internet and a lot of related topics for youth and families.

Parent Further: Technology and Media

www.parentfurther.com/technology-media

This site provides resources on supporting families to use technology in a safe and healthy way, and helping parents understand what their children may be doing online. It includes downloadable guides on topics such as video game addiction and information on safe use of mobile devices (eg smartphones) and social networking.

Ask the Mediatrixian cmch.typepad.com/mediatrixian/

A Boston based paediatrician who is a former filmmaker answers questions on media and health submitted by the public. The site covers a wide variety of topics including parenting queries on social media, video games, email and the web.

Douglas A Gentile, PhD: Research on the Effects of Media drdouglas.org/

Douglas Gentile is a developmental psychologist who carries out research on how children and teenagers' use of mass media affects them. This site includes information on media violence, video games, advertising, age ratings for media, and video game addiction.

Sherry Turkle www.mit.edu/~sturkle/

Sherry Turkle is a writer and academic who writes about people's relationships with technology, especially computers. This website includes information on her books and articles, and links to the text of some of her online book chapters and articles.

Books

Caught in the Net: How to Recognize the Signs of Internet Addiction and A Winning Strategy for Recovery (1998)
Kimberly S. Young | VPL

Cyber Junkie: Escape the Gaming and Internet Trap (2010)

Kevin J. Roberts | VPL

Cybersex Unhooked: A Workbook for Breaking Free of Compulsive Online Sexual Behavior (2001)

David L. Delmonico | VPL

In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior (2007)

Patrick Carnes | VPL

Overcoming Computer, Internet, or Gaming Addiction: An Assessment and Treatment Workbook (2008)

Brent Conrad | VPL

Super-parenting for ADD: An innovative approach to raising your distracted child (2010).

Edward Hallowell & Peter Jensen | FRL

Untangling the Web: Sex, Porn, and Fantasy Obsession in the Internet Age (2006) Robert Weiss | VPL

Virtual Addiction: Help for Netheads, Cyberfreaks, and Those Who Love Them (1999)

David Greenfield | VPL

*VPL: Vancouver Public Library. If this is not within your area, you can request the item through your local library.
Tel:(604) 331-3603 Website: www.vpl.ca*

*RPL: Richmond Public Library. If this is not within your area, you can request the item through your local library.
Tel: (804)646-7223 Website: <http://www.richmondpubliclibrary.org>*

*FRL: Family Support and Resource Library at BC Children's Hospital. You can request material throughout BC.
Tel: 1-800-331-1533 ext. 2 , Website: <http://www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/library.htm>*

Support Services

BC Distress and Information Line

310-6789 (no area code required)

Provides 24/7 skilled assessment, emotional support, information and referral, and crisis and suicide intervention.

Kelty Mental Health Resource Centre

(604) 875-2084 ▪ 1-800-665-1822 ▪ <http://keltymentalhealth.ca> ▪ www.keltyeatingdisorders.ca ▪
www.youtube.com/user/KeltyMentalHealth

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use issues. In addition, the centre offers resources on eating disorders for all ages. Peer support is available for youth, parents and those struggling with eating disorders.

Kids Help Phone

1-800-668-6868 <http://www.kidshelpphone.ca/teens/home/splash.aspx> ▪

Provides confidential, anonymous counseling online or over the phone. Website provides space to share stories and connect with other youth, as well as a Topic Library about common issues and concerns facing children and youth.

Prepared by the Kelty Mental Health Resource Centre & The FORCE Society for Kids' Mental Health

Last updated: October 2, 2012

<http://keltymentalhealth.ca> | 604-875-2084 or Toll Free: 1-800-665-1822 | Email: keltycentre@bcmhs.bc.ca
www.forcesociety.com | 604-878-3400 | 1-(855) 887-8004 - | Email: theforce@forcesociety.com

reSTART Internet Addiction Recovery Program

1- 800-682-6934 ▪ www.netaddictionrecovery.com

Onsite recovery program located in Washington state. The website includes detailed information on a variety of technology based addictions, such as internet, video game and cell phone addiction or online gambling.

Richmond Addictions Services

(604) 270-9220 ▪ www.richmondaddictions.ca

Offers support and counselling, as well as, educational sessions for youth and family.

Youth in BC

(604) 872-3311 ▪ 1-866-661-3311 ▪ www.youthinbc.com

A web-based hotline that provides youth in distress an opportunity to receive one-on-one online emotional support from trained volunteers, as well as resources on bullying and information for youth.

FORCE Society for Kids Mental Health

604-878-3400 ▪ 1-(855) 887-8004 ▪ <http://www.forcesociety.com>

The FORCE Society offers Advocacy and Support through Parent and Youth in Residences (PiR/YiR) across BC.

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