

New free program for teenagers with problematic video gaming

Does your child or a child you know have a problem with their video gaming?

If so, the RES@T-A program may be for them.

RES@T-A has been developed by Australian & German psychiatrists and psychologists to help teens better manage their gaming. It has already been run successfully in Germany.



www.resataus.com

What is involved?

There are 9 group sessions and 3-6 individual sessions. Group sessions cover a range of skills important for healthy screen use and include games, quests and other activities designed to be fun. Go to the RES@T website for more detailed information.

Where and when will it be held?

There will be three offerings that start mid-October 2022 and early 2023.

Sessions are at a welcoming and comfortable house at the *Mind and Me* psychology clinic at Wyong.

Who can attend?

The program is for high school age teenagers.

Teens with a psychotic illness or a another addiction won't be eligible. We will consider applications where the teen is on the ASD spectrum but high functioning and attending a regular high school.

Overcoming barriers to coming

If you are interested but there are barriers to coming, contact us to see if we can help overcome them.

Contact us

admin@resataus.com