

Gaming/Internet Addiction Referral Options

Location	Client Types	Name/Practice	Website
Brisbane Metro	Adolescents Adults	Thoughtful Health (Greenslopes) • Karen Li	https://www.thoughtfulhealth.com.au/
	Kids Adolescents Adults	Ahead Psychology (Stafford) • Dylan Jackson (pronounced 'Dye-lan') (13+ only) • Richelle Deakin	https://www.aheadpsych.com.au/
	Kids Adolescents	Spring Psychology (121 Wickham Tce, Spring Hill) • Dr Kimberley Cunial (School hours/9-2:30pm only)	http://www.springpsychology.com.au/ (admin@springpsychology.com.au) (Phone: 0488606925)
	Kids Adolescents	Umbrella Lane (Toowong) • Marnize Verreyne	https://umbrellalane.com.au/
	Kids Adolescents Adults	Synergistix Allied Health (Buranda) • Miwa Okochi	https://synergistix.net.au/our-team-2/
	Young Adults/Adults	Centre for Human Potential (Brisbane City and Woolloongabba) • Lisa Kunde	https://www.cfhp.com.au/team/lisa-kunde/
	Young Adults/Adults	True North Psychology (Wilston) • Domanik Sabrus	https://www.truenorthpsychology.com.au/doman-sabrus
	Brisbane North	Kids Adolescents	Changes Psychology (Northgate - but can do home visits right down to CBD North) • Steve Rushton • Bianca Eastman

	Adolescents Adults	Change of Mind Psychology (Dayboro) • Millie Darvell	https://www.changeofmindpsychology.com.au/
Brisbane South	Kids Adolescents	The Rosy Room (Springfield Lakes) • Louise Williams	https://therosyroom.com.au/
	Kids Adolescents	ChildPsych Psychology Practice (Sherwood) • Any clinicians	http://www.childpsych.net.au/
Gold Coast/Tweed Coast	Adults	David Nowland Psychologist (Southport) • David Nowland	https://davidnowland.com.au/
	Adults	CBT Professionals (Nerang and Coomera) • Raylene Chen • Lisa Pederzolli	http://cbtprofessionals.com.au/
	Kids Adolescents	Living Well Psychology and Counselling (Tweed Heads) • Dee Bartrum	http://psychologygoldcoast.com.au/
	Kids Adolescents	Matilda Mandic Psychologist (Varsity Lakes, Tugun, Tweed) • Matilda Mandic	https://www.matildamandic.com/my-bio
Sunshine Coast	Kids Adolescents Adults	Anxiety House Sunshine Coast • Jessica Sloane	https://anxietyhouse-sc.com.au/
	Kids Adolescents	Private Psychologist based in Buddina • Greg Setchell	Contact: 0437 375 949
	Young Adults/Adults	Empowered Therapy Services • Jessica Burgess	https://www.empoweredtherapyservices.com.au/about
	Psychiatrists Buderim Private Hospital • Dr Dhushan Illesinghe		https://buderimprivatehospital.com.au/doctors/Dhushan-Illesinghe https://buderimprivatehospital.com.au/doctors/Chris-Martin

- Dr Chris Martin

OTHER OPTIONS

Format	Info	Contact
Face-to-face	<p>SMART Recovery Groups</p> <p>Free group programs helping people with any problematic behaviours (including gaming/internet, substance use, gambling, shopping etc). It is a group meeting format but does NOT use the AA/12-step approach. Rather, it is based on evidence-based Motivational Interviewing and CBT (similar to what one is likely to receive in face-to-face therapy).</p>	<p>Website: https://smartrecoveryaustralia.com.au/</p>
Online	<p>SMART Recovery Online Meetings & SMART Recovery Online Forums</p> <p>SMART Recovery online meetings run weekly and are free to attend for anyone seeking assistance for addiction to drugs, alcohol, gambling, cigarettes, food, etc. The meetings run for 90mins and are guided by a trained facilitator. Participants aren't required to appear on camera, the meetings are conducted using a combination of voice and the text chat box feature.</p> <p>The SMART Recovery website also has a great online support forum that is professionally moderated.</p>	<p>Online meetings: https://smartrecoveryaustralia.com.au/online-meetings/</p> <p>Online forums: https://smartrecoveryaustralia.com.au/community/</p>
Online	<p>Gamequitters.com</p> <p>World's largest online support community for gaming addiction. Contains a forum and helpful videos, resources and information (for gamers and loved ones). Created by Cam Adair, a Canadian-based speaker/writer and past gaming addict.</p> <p>Also contains two (paid) online programs – one for supporting gamers and one for supporting parents.</p>	<p>Website: https://gamequitters.com/</p>
Online	<p>Www.videogames.org.au</p> <p>Australian-based website containing tools, resources and information for parents to keep gaming safe and healthy.</p> <p>Also contains a free 'Parents Guide to Gaming' workbook.</p>	<p>Website: https://www.videogames.org.au/</p>