Empowering Safer Play
Mobile games
As at 11 November 2025

When might gameplay be a problem

If you, a friend or a family member have concerns about your relationship with video games, please take a moment to ask yourself the below questions. While this list of questions is not meant to be comprehensive, or serve as a medical or psychological diagnostic test, answering yes to one or more of the following questions may help you identify the need to set limits, take a break from video games, and/or seek help from a trusted professional.

- Is your gameplay interfering with your work?
- Is your gameplay negatively impacting your home life?
- Have you lost interest in hobbies and activities you previously enjoyed, preferring to play video games instead?
- Do you find it difficult to limit the amount of time you spend playing video games?
- Have you ever felt sad or remorseful after playing a video game?
- Does playing video games decrease your ambition or efficiency?
- Do you ever spend more money on video games than you can afford?
- Do you lie about or hide how much time or money you spend playing video games?
- Do your real life problems and challenges create an urge to play video games?
- Have you ever considered harming yourself as a result of your gameplay?

If you are concerned about your gameplay, talk to someone about how you're feeling or reach out to a confidential counselling and support service. And remember, you don't have to reach 'rock bottom' before seeking support.

See the **What to do if you need help** article for resources that may help you manage your relationship with video games.

IMPORTANT: If you, a friend or a loved one are having thoughts of self-harm, please seek IMMEDIATE professional help. A list of suicide and crisis helplines around the world can be found here: https://findahelpline.com/

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