Gaming in one page

What it is

What is gaming disorder?

Gaming disorder is when you lose control over gaming, it pushes out other parts of life, and you keep going despite the harm. Its ICD-11 code is 6C51. Australia has no guideline for it, so a GP is the usual way in.

- Gaming disorder means losing control over gaming
- Gaming comes before other interests and daily life
- The WHO lists it as ICD-11 code 6C51

The signs

What are the signs of gaming disorder?

The main signs are losing control over when and how long you game, putting gaming ahead of other interests, and carrying on despite harm to sleep, study, work or family. It normally shows for at least `12 months`. A GP can assess it.

- Finding it hard to stop or keep to a set time
- Gaming comes ahead of other interests and tasks
- Playing on despite the problems it causes

Treatment

Can I get a Medicare plan for gaming?

Yes, if your GP finds a mental disorder and records a provisional or formal diagnosis. Medicare defines a mental disorder by impairment and lists only four things that do not count. Gaming is not one of them.

Medication

Is there a medicine for gaming disorder?

No PBS listing names gaming. Where a medicine is prescribed, it is for a condition alongside the gaming, such as ADHD, depression or anxiety, on that condition's PBS rules and by its usual prescriber.

- A psychiatrist's plan guides your GP's ongoing care.

Read next

- Where do I get help for gaming? →
- What do I tell my GP about gaming? →
- Is there a helpline for gaming? →
- Is there a public gaming disorder clinic? →
- My child skips school to game. Who do we see first? →
- Can a teacher refer my child for gaming? →
- The gaming quiz →

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In danger? Call `000`. Lifeline `13 11 14`, text `0477 13 11 14`, or chat online.

Suicide Call Back Service `1300 659 467`. Free counselling by phone or video, any hour.

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