



SELBSTHILFEZÜRICH

DIGITAL ADDICTION

Support group for partners and families

Living with someone with a digital addiction can actually be as destructive as being with someone with a drug or alcohol addiction. Digital addictions can include:

- computer gaming
- gambling
- internet surfing
- YouTube and social media

Since internet usage is so common in today's society, it is easy for an addiction / destructive behaviour to go unnoticed for years. However, addictions take a massive toll on relationships. Partners need just as much support as the addict in order to be able to understand and change the situation. By educating ourselves and learning from others we can empower ourselves, perhaps more than we realise.

Would you like to join this support group to talk about your experiences and feelings with like-minded people in a confidential setting? To get more information, you can contact Selbsthilfe Zürich.