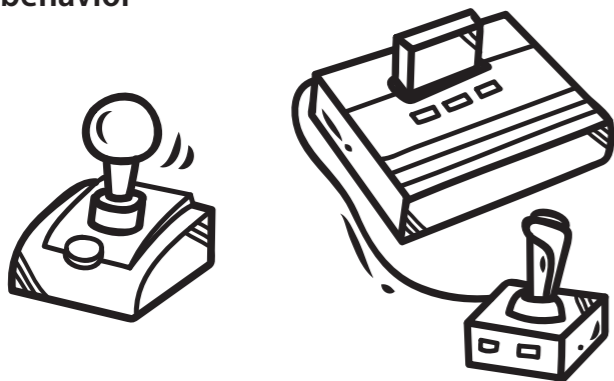


- **We raise awareness** about gaming and gaming-related problems
- **We develop low-threshold interventions** for excessive gamers (18-29-year-olds)
- **We provide online support** for gamers concerned about their own gaming behavior
- **We train professionals** to become aware of problematic gaming behavior



Limit'less Gaming

Limit'less Gaming (Digipelirajat'on) is a nationwide project that tackles problematic gaming in Finland.

The project is funded by the Funding Centre of Social Welfare and Health Organizations (STEA), which operates under the Ministry of Social Affairs and Health in Finland.

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Learn more at digipelirajaton.fi
Follow us on Facebook [@digipelirajaton](https://www.facebook.com/digipelirajaton)

digipelirajaton.fi



DPR Bootcamp

Action-based peer support group

- For intense gamers who do not consider themselves problem gamers
- Gaming itself is employed as a means to bring the gamers together
- Focus on promoting the gamer's overall well-being (e.g., social skills, physical activity, time management skills)
- Social gaming (i.e., video games, board games), group discussions, and assignments
- Aims to raise awareness of the links between excessive gaming and overall well-being
- Instructed by a health care professional who works as a pair with "a peer coach" (trained volunteer with a history of problematic gaming)
- Fixed program with 10 specified themes
- 10 weekly meetings, 3 hours at a time

DPR Ctrl

Discussion-based peer support group

- For excessive gamers who seek to reduce or quit gaming
- Focus on controlling one's gaming behavior
- Sharing of experiences, discussions, assignments, homework, practical tools and tips
- Guided by peer coaches (trained volunteers with a history of problematic gaming)
- Fixed program with 10 specified themes
- 10 weekly meetings, 2 hours at a time

DPR Online

Online support

- For everyone concerned about their own gaming behavior
- Open Discord-server for online discussion on problematic gaming
- Peer coaches (trained volunteers with a history of problematic gaming) participate in and moderate discussions
- Self-help material on the website (coming soon)

The services are currently only available in Finnish.

