

Self-Help Support Groups: Online Gamers Anonymous (OLGA & OLGA-ANON)

****Resource for the Gamers AND Loved Ones of Gamers**

(Online Gamers and Compulsive Video Gamers)

- ❖ Self-help is a critical part of the recovery process. Self-help groups can assist callers with the tools for recovery by providing support, direction, motivation, resources and a sense that they are not dealing with the gambling problem alone.

ON-LINE GAMERS ANONYMOUS (OLGA & OLGA-ANON)

- ❖ On-Line Gamers Anonymous®, founded in 2002, is a 12-step self-help group. We share our experience, strengths and hope to help and support each other recover and heal from problems resulting from excessive video game playing (gaming disorder).
- ❖ Anyone affected by excessive gaming is welcome here. The OLGA/OLG-Anon fellowship offers a spiritual solution for recovery. The 12-steps are offered as one of the tools for recovery from gaming addiction, and are highly recommended, for a successful recovery. As in other 12-step programs, members of the OLGA/OLG-Anon fellowships have a free choice of tools to use in their recovery.
- ❖ **You are not alone!** [Our community](#) includes [Recovering gamers](#) (OLGA® members), [Family members, loved ones, friends, concerned others](#) (OLG-Anon members), and those who [inform and reach out to others](#) (Outreach). We know how powerful, cunning, baffling and destructive excessive video game playing can be, to some. It can be devastating to the real-world lives of gamers and to those close to them. OLGA®, OLG-Anon and Outreach provides resources for open discussion, support, information and professional referrals. We advocate and provide a [12-Step Program](#) of recovery.
- ❖ We offer support. Our community is open to all who seek support. We are not an activist group, nor do we sponsor such organizations. Our message forums are available to all, regardless of bias or opinion. We are here to share our experience, strength and hope and encourage peer-to-peer support. Family and friends are invited to share their experience, compassion, and wisdom. Every day we accumulate and add to our collection of information related to excessive gaming and the issues it creates. Sharing this with our visitors is a primary goal.

How Does OLGA/OLG-Anon Work?

- ❖ We offer many tools here. Our role is passive, meaning that we do not seek out those who are in need of help. Those who have come to us seeking help with their challenges or who are simply seeking haven, come and go at their discretion. There are currently no dues or any other requirements or commitments, other than a commitment for the individuals to be honest with themselves and the persons with whom they interact. Now that we have our 501(c)(3) status, we can collect donations from our members, and conduct other fund raisers, to help fund this organization.

What Support Tools Does OLGA/OLG-ANON Provide?

We offer many tools for those affected by gaming addiction.

1. **Forums** where you can ask questions, and help yourself by sharing with others, what has worked for you.
2. **Blogs:** Once you have created an account and have logged in, you will be able to blog about your healing journey.
3. **Chatroom:** Our goal is to always have someone in the chat room. Please pick a certain time each day or week and be there to converse with others from our community. Talk to others. Find others in your area, so you can meet up in real life.

4. **On-line meetings** - Current on-line meetings for gamers and separate meetings for parents and family members of gaming addicts are held according to the following weekly schedule. Some meetings are held via Zoom and some are held in the OLGA Chat Room or OLG-Anon Chat Room.

- **Sunday**
 - 9:00 PM EST - **OLGA Zoom Meeting, for gamers**, in OLGA "Zoom" Room. Click to go to [OLGA "Zoom" Room](#). If you have questions, call our hotline at 612-245-1115.
 - 9:00 PM EST - **OLG-Anon Zoom Meeting, for family members** in "OLG-Anon Zoom" Room. Click to go to [OLG-Anon "Zoom" Room](#). Facilitator is: lizwool If you have questions, call our hotline at 612-245-1115.
- **Monday**
 - 7:30 PM EST - **OLGA Zoom Meeting for gamers in recovery**, in the [Monday Zoom Meeting Room](#). Facilitator is: [Julian](#)
 - 7:30 PM EST - **OLG-Anon Zoom Meeting for family members of gaming addicts**, in the [Monday ZOOM Meeting Room](#). Facilitator is: [leavenwoman](#)
- **Thursday**
 - 9:00 PM EST - **OLG-Anon Zoom Meeting for parents and loved ones** of Gaming Addicts in the [Thursday Zoom Meeting Room](#). Facilitators are [hummingbird](#) and [Gamersmom](#). If you have questions, please email olga@olganon.org.

What We Believe:

- ❖ The religious and spiritual views of the volunteers are quite diverse, covering a broad range of perspectives. Therefore, we neither claim nor espouse any particular religious view. In this way, we hope to be able to accommodate and help anyone, despite his particular belief. OLGA®/OLG-Anon does not believe that ALL games are inherently bad or evil. We do know, however, that some of the game manufacturers are quite aware of the problems that many of their customers are having with trying to play these games responsibly. It is therefore our belief and intent to someday work closely with the game manufacturers themselves to promote responsible gameplay, while at the same time, supporting their continued development of immersive and fun on-line gaming environments.

How Do I Begin?

- ❖ **To get full access, please create an account and login.** You will then be automatically be directed to the section which most closely matches your relationship to games, so we may provide information specific to your needs. When you create an account, please **use a valid email address**, so you can be notified when members send you messages.

<https://www.olganon.org/home>

What groups are supported here?

- ❖ The olganon.org website supports:
 - [The OLGA fellowship \(recovering excessive/addicted gamers\)](#)
 - [The OLG-Anon fellowship \(friends and family of excessive gamers\)](#)

Now That I Have An Account, What Do I Do?

- ❖ Once a person has an account, many do not know "what to do next". Go to your member section - [Recovering Gamers \(aka OLGA\)](#) or [Family/Friend of Excessive Gamer \(aka OLG-Anon\)](#) or [Outreach](#). Read the Welcome page. There are many suggestions of what you can do next. To get back to your section, you can always select Homes and click your member section.

Support is quickly available through our [chatroom](#) and [forums](#). Once you login, they are immediately available for your use.

Current on-line meetings for parents and family members of gaming addicts are held on Thursday 9pm EST in the OLG-Anon Chat Room. You must be logged in to join the meeting! Click here to go to the [OLG-Anon Chat Room](#).

- ❖ We have weekly and monthly recurring, regularly scheduled meetings, as well as other events scheduled. Look at the calendar above to see what is coming up soon. All times listed by U.S. Eastern time.
- ❖ Our meetings take place in a variety of places. Typically meetings are held in our chat rooms, but can also be held in Zoom rooms.
- ❖ No RSVP is required to attend meetings, unless noted in the meeting description.