WELLBEING THROUGH *Gaming*

PLAY. PAUSE. BALANCE.

COME SAY HI AT PLAYCON · STAND D12

GOVERNMENT OF MALTA
MINISTRY FOR YOUTH,
WELLBEING AND THE IMPLEMENTATION
OF THE ELECTORAL PROGRAMME

IS YOUR GAME IN BALANCE?

Gaming is at its best when it sits alongside the rest of your life — sleep, school or work, friends and family. It might be time to rebalance if you notice that you:

- Often lose sleep to **“one more round”**
- Feel irritable or low when you can't play
- Skip plans, studies or work to keep gaming
- Play to escape, more than to have fun

TRY THE HOUR SWAP



1 HR GAMING THEN SWITCH IT UP

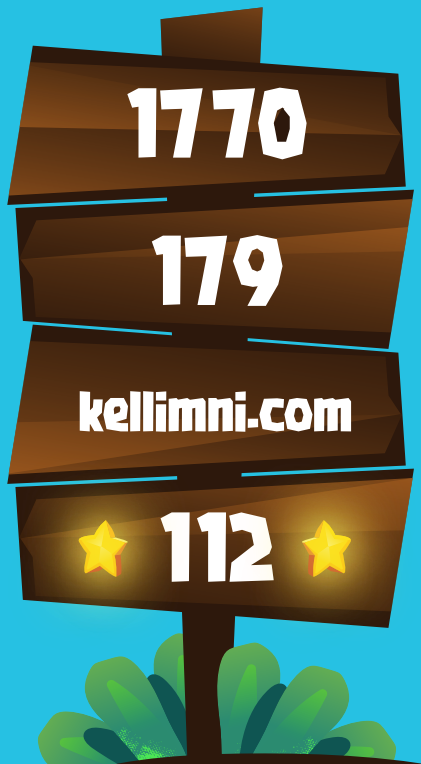
Go for a walk, read a few pages, play some sport or spend time with family — then jump back in, refreshed.





Need to talk?

Reaching out is a power-up, not a weakness.
These services are free and confidential.



1770 — Mental health helpline, Richmond Foundation — **24/7**

179 — Support line, National helpline — **24/7**

kellimni.com — Online chat support, For young people — **24/7**

112 — In an emergency, call straight away


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